

## Stir-Fried Potatoes and Green Beans with Mint

Crisp, bright beans are first blanched until tender and then tossed together in a wok with potatoes and spices. Make sure the oil is very hot so the vegetables get the grilled, smoky flavor typical of stir-fries.

—Vikas Khanna

From *"Flavors First: An Indian Chef's Culinary Journey"* by Vikas Khanna, Lake Isle Press, 2011

### INGREDIENTS

8 medium Yukon Gold potatoes, washed  
 ½ pound fresh green beans, trimmed  
 3 tablespoons vegetable oil  
 1 tablespoon black mustard seeds  
 1 tablespoon cumin seeds  
 1 teaspoon ground turmeric  
 2 medium tomatoes, coarsely chopped  
 Salt to taste  
 2 fresh green chile peppers (such as serrano), seeded and minced  
 4 scallions, chopped  
 ¼ cup fresh mint leaves  
 Juice of 1 lemon  
*Serves 6*



Vikas Khanna

### PREPARATION

1. Place the potatoes in a large pot with cold water to cover, bring to a boil over high heat. Reduce the heat to low and simmer, uncovered, until just cooked through but still firm. (Test the largest potato in the pot by piercing it with a fork; it should be firm but cooked at the center.) Drain and set aside to cool.
2. Meanwhile, bring another pot of water to a boil. Add the green beans, and cook until just tender, about 2 to 3 minutes. Drain, rinse under cold water, and drain again.
3. Cut the beans into 1-1½-inch long pieces, and set aside. Peel the potatoes and cut them into 1-inch cubes. Set them aside.
4. Heat the oil in a wok or a wide heavy pot over medium-high heat. Add the mustard seeds. When they have popped for 30 seconds, add the cumin seeds and turmeric, stir briefly, and then stir in the tomatoes and salt. Stir-fry for about a minute. Add the potatoes and stir-fry for another minute. Stir in the green chiles and scallions, green beans, mint, and lemon juice. Remove from the heat; taste for salt and adjust if necessary. Serve hot.

### FLAVORS FIRST

By Vikas Khanna

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