

A VERY SPECIAL RECIPE COCONUT-ALMOND GREEN BEANS



SERVES 4

PREP



10 MIN.

COOK



15 MIN.

This could be the only green bean recipe you need. During the braising process, the sliced almonds almost melt into a rich coconut milk sauce that renders the elements indistinguishable from each other. Trust me: Make a double batch.

INGREDIENTS

- 1 tablespoon coconut oil
- 2 tablespoons sliced almonds
- 1/2 medium onion, finely diced (about 1/2 cup)
- 3 cloves garlic, minced (about 1 tablespoon)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1/2 teaspoon red chili pepper flakes
- 3/4 teaspoon salt
- 1 cup coconut milk
- 1 pound green beans, trimmed
- 1 teaspoon lime juice
- 1/2 cup fresh cilantro leaves, minced (2 tablespoons) (optional)

DIRECTIONS

Heat the oil in a large sauté pan over medium heat. Add the almonds and cook until lightly browned. Keep an eye on them; they brown quickly! Transfer almonds to a plate for later. Resist the temptation to eat them!

In the same pan, sauté the onion, garlic, cumin, coriander, paprika, chili pepper flakes, and salt. Cook until the onion is soft and beginning to get brown bits, about 4-5 minutes.

Add the coconut milk to the pan and mix well, then add the green beans. Make sure everything is blended, then bring the pan to a boil, reduce the heat to a simmer, and cook covered until the beans are tender. The cooking time is a judgment call. If you like them crisp, it's about 6 minutes. If you like them softer, let them braise for about 8 minutes.

When the beans have reached the desired tenderness, remove the lid and let the sauce cook down until it thickens a bit. Remove the pan from the heat and stir in the almonds, lime juice, and cilantro (if using).

Recipe from the cookbook *Well Fed: Paleo Recipes For People Who Love To Eat*

Melissa "Melicious" Joulwan is the author of the popular paleo recipe and lifestyle blog *The Clothes Make The Girl* and the cookbook *Well Fed: Paleo Recipes For People Who Love To Eat*. She CrossFits, practices yoga and meditation, eats paleo, and loves Prague, *Jane Eyre*, and lifting heavy things. She has been known to run occasionally. After a thyroidectomy in 2009, she became particularly interested in how diet affects hormones, body composition, and mood, and motivation. She is also a retired Rollergirl and the author of the memoir *Rollergirl: Totally True Tales From The Track*.

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