

SALT & PEPPER GREEN BEANS & MEAT

INGREDIENTS

- ½ kg. Steak/mutton
- green beans (give 1 boil)
- 1 tbs. ginger & garlic
- 1 onion (sliced)
- 1 tsp. whole jeero
- little oil
- ½ tsp. black pepper
- 2 pieces whole pepper (crushed)
- 1 tsp. green chillies
- salt to taste

METHOD

In pot add all steak and all ingredients and leave to cook. Once steak is cooked then add in green beans and cook.