SRI LANKAN · SIDE

Sri Lankan Tempered Green Beans (Bonchi Thel Dala)

25 min · Serves 3 · 129 kcal a serve · Video 4:21 · Ceylon Kitchen

Vegan · Gluten-free ingredients · No nuts listed

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A quick vegan side of crisp green beans with onion, garlic and chilli: about 130 kcal and 4 g of fibre per serve, with under 2 tbsp of oil in the whole pan.

Diet notes: Low carb (8.8 g net carbs) but not keto: 60% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (0.6 g, 4% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the oil.

Ingredients 10 · SERVES 3

- [ ] 9 oz **tender green beans**, cut lengthwise
- [ ] 1½–2 tbsp **oil**
- [ ] 1 tsp **mustard seeds**
- [ ] 3 **garlic** cloves, finely chopped
- [ ] 1 **onion**, sliced
- [ ] **Dried herbs**: a little pandan leaf and a few curry leaves
- [ ] 4 **green chillies**, sliced
- [ ] ½ tsp **curry powder**
- [ ] ¼ tsp **chilli powder**
- [ ] about 1 tsp **salt**, to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a wok or wide pan. When hot, add the mustard seeds and let them fry until they start to pop. 1:18
2. Add the chopped garlic and stir for about 30 seconds, then add the onion, pandan and curry leaves and sauté for about 1½ minutes. 1:30
3. Add the beans and stir-fry for 1–2 minutes. 2:04
4. Sprinkle in the curry powder and chilli powder, add the green chillies and salt, and mix gently on low heat. 2:27
5. Cook for about 2 minutes more, just until the beans are tender but still bright green, then take off the heat. Serve with rice and curry. 3:06

> **Tip** Serves 3 as a side (our estimate). Use young, tender beans and don't overcook them, or they lose their colour. Cut the chillies differently from the beans so nobody bites one by mistake.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
129 kcal 540 kJ	2.6 g 5% of a day	13 g 8.8 g net · 5.2 g sugars 5% of a day

FIBRE	FAT	SODIUM
3.8 g 14% of a day	8.6 g 0.6 g saturated 11% of a day	780 mg 34% of a day

Energy from net carbs 29% · protein 8% · fat 63%

High in (20%+ of a day) Omega-3 49% · Vitamin K 38% · Vitamin C 25%

Source of (10–19%) Vitamin E 15% · Vitamin B6 15% · Folate 10%

Recipe and video: Ceylon Kitchen (@CeylonKitchen) on YouTube — youtube.com/watch?v=2H_CQ0B61MU, published 28 January 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sri-lankan-tempered-green-beans