



French Beans with Almonds



Beans can be a great addition to any meat dish when cooked simply. Trouble is, they are often cooked to death, losing colour, taste and most importantly texture. Beans should be cooked for just a few minutes in boiling water until tender, not soft, and then drained immediately and run under cold water to stop the cooking process.

Ingredients

- ♦ 500 grams beans
- ♦ 1 tablespoon olive oil
- ♦ 1 bunch spring onions finely sliced
- ♦ 1 clove garlic crushed
- ♦ 2 tablespoons slivered almonds
- ♦ Salt and pepper
- ♦ Lemon juice

Serves 6

To Cook

Prepare beans by topping and tailing. Leave whole and cook in salted water until just tender. Melt the butter in a large pan, add the spring onion and garlic and cook until tender.

Add the almonds and cook until they are golden brown. Add the beans, season according to taste and add lemon juice and heat through.