

Beans with pancetta & garlic crumbs



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Preparation about 15 minutes

Cooking about 15 minutes

Serves 4 as a side dish

- 2 tbs olive oil
- 100g sliced pancetta, roughly chopped
- 2 garlic cloves, finely chopped
- 1 cup fresh coarse breadcrumbs*
- Salt and ground black pepper
- 250g green beans, topped
- 250g butter beans, topped
- 2 tsp extra virgin olive oil

* Breadcrumbs made from stale Italian-style bread are ideal.

1. Heat oil in a medium frying pan over medium heat. Add pancetta and cook, stirring often, for 3–4 minutes until crisp. Add garlic and breadcrumbs. Cook, stirring occasionally, for 4–5 minutes until crisp and golden. Season with salt and pepper to taste.
2. Meanwhile, steam beans in a steamer or boil in a saucepan of boiling water for 4–5 minutes until just crisp. Drain beans. Drizzle with extra virgin olive oil. Toss to combine.
3. Place hot beans on a serving plate. Sprinkle with breadcrumb mixture, season with salt and pepper to taste and serve.



Beans

- An excellent source of vitamin C, which is best preserved if green beans are steamed, stir-fried or cooked briefly in the microwave.
- A source of dietary fibre, important to keep the intestine functioning well.
- A good source of vitamin C, which contributes to the health of gums, teeth, bones, blood vessels and connective tissues.
- A good source of dietary fibre, whether cooked or enjoyed raw. Fibre helps prevent constipation.