

# Green beans with pancetta and garlic crumbs



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**Preparation:** about 15 minutes

**Cooking:** about 10 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  
500g green 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 or until bright green and 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 to taste and serve.



### Green beans:

- Provide some iron, which is especially important for those who choose a vegetarian diet. Iron is needed for making red blood cells, which carry oxygen throughout the body.
- 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.