

Green beans with toasted almonds & hommus



Green beans with toasted almonds & hommus

Preparation: about 10 minutes

Cooking: about 10 minutes

Serves: 4

400g green beans, trimmed

2 tbs olive oil

1/3 cup almond kernels, chopped

1 garlic clove, crushed

Salt and ground black pepper

1 tbs lemon juice

1/2 cup hommus dip

Lemon wedges, to serve

1. Cook beans in a saucepan of salted boiling water for 3–4 minutes until almost tender. Drain and refresh in cold water.
2. Heat oil in a large non-stick frying pan over medium heat. Add almonds and garlic and cook for 2 minutes or until almonds are toasted and golden. Add beans and toss over heat for 1 minute. Remove from heat, season with salt and pepper and drizzle with lemon juice. Place in a serving bowl. Serve with hommus and lemon wedges.



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.