FRESH & COOL

Sesame Green Beans with Garlic

PREP	COOK	SERVES
5 min	10 min	4

Vegan Vegetarian

Snappy green beans tossed in a hot pan with garlic, soy sauce and toasted sesame. Ready in fifteen minutes and vegan.

Ingredients

- 400 g green beans, trimmed
- 1 tbsp neutral oil
- 2 garlic cloves, finely sliced
- 1 tbsp soy sauce
- 1 tsp toasted sesame oil
- 1 tbsp sesame seeds, toasted
- A pinch of chilli flakes (optional)

Method

1. Bring a pan of salted water to the boil and cook the beans for 3 minutes. Drain and rinse under cold water so they stay bright green.
2. Heat the oil in a large frying pan or wok over high heat.
3. Add the beans and fry for 2 to 3 minutes until blistered in places.
4. Add the garlic and fry for 30 seconds, until fragrant but not burnt.
5. Stir in the soy sauce and sesame oil and toss for 30 seconds.
6. Scatter over the sesame seeds and chilli flakes and serve straight away.