

Garlic Baby Broccoli & Green Beans

with Lemon, Mint & Creamy Fetta

Grab your Meal Kit
with this symbol



Baby Broccoli



Green Beans



Garlic



Long Red Chilli
(Optional)



Lemon



Mint



Fetta Cubes



Hands-on: **10 mins**
Ready in: **10 mins**



Naturally gluten-free
Not suitable for Coeliacs



**Spicy (optional
long red chilli)**

This abundant bowl of green goodness is sure to put a pep in your step! With lemon zest, chilli and mint, there's plenty of zing and a gentle kick of heat, while fetta adds a delicious creamy touch.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium frying pan

Ingredients

	2 People
olive oil*	refer to method
baby broccoli	1 bunch
green beans	1 bag (100g)
garlic	1 clove
long red chilli (optional)	½
lemon	1
mint	½ bunch
fetta cubes	1 small packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	436kJ (104Cal)	226kJ (54Cal)
Protein (g)	3.5g	1.8g
Fat, total (g)	8.1g	4.2g
- saturated (g)	2.7g	1.4g
Carbohydrate (g)	2.6g	1.4g
- sugars (g)	2g	1g
Sodium (mg)	135mg	70mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the vegetables

Trim the ends of the **baby broccoli** and **green beans**. Finely chop the **garlic**. Heat a drizzle of **olive oil** in a medium frying pan over a medium-high heat. Add the **baby broccoli** and **green beans** with a dash of **water** and cook, tossing regularly, until just tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**.

3



Season the vegetables

In a medium bowl, combine the **chilli** (if using), **lemon zest**, a squeeze of **lemon juice** and a pinch of **salt** and **pepper**. Add the **baby broccoli mixture** and toss to coat.

2



Get prepped

While the veggies are cooking, finely chop the **long red chilli** (see ingredients), if using. Zest the **lemon** to get a **pinch** and slice into wedges. Pick and finely chop the **mint** (see ingredients).

4



Serve up

Transfer the garlic baby broccoli and green beans to a serving dish. Crumble with the **fetta** and sprinkle with the mint. Serve with the remaining lemon wedges.

Enjoy!