



Garlicky Green Beans with Toasted Almonds

Special Sides 15 Minutes • 1 of your 5 a day • Veggie



Shallot



Green Beans



Garlic Clove



Almonds



Red Wine Vinegar



Wholegrain Mustard

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Chopping Board, Frying Pan, Bowl, Lid.

Ingredients

	Quantity
Shallot**	1
Green Beans**	200g
Garlic Clove	1
Almonds 2)	15g
Red Wine Vinegar 14)	1 sachet
Wholegrain Mustard 9)	1 pot

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	151g	100g
Energy (kJ/kcal)	432/103	286/68
Fat (g)	5	4
Sat. Fat (g)	1	1
Carbohydrate (g)	6	4
Sugars (g)	4	3
Protein (g)	5	3
Salt (g)	0.21	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 9) Mustard 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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1



2



3



Get Prepped

- Halve, peel and thinly slice the **shallot**.
- Trim the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).

Cook

- Heat a dry medium frying pan on a medium-high heat (no oil). When hot, add the **almonds** and cook, stirring frequently until golden, 3-4 mins. Transfer to a plate and return the pan to the heat with a drizzle of **oil**.
- When hot, add the sliced **shallot** and cook until softened, 2-3 mins. Add the **vinegar** and a pinch of **sugar**. Cook until sticky and glazed, 2-3 mins.
- Remove the **shallot** to a bowl and wipe the pan clean.
- Add the **green beans** and a splash of **water** to the pan, season with **salt** and **pepper** and cover the pan with a lid.
- Cook the **beans** until tender, 4-6 mins.

Finish and Serve

- Once the **beans** are tender, remove the lid and stir in the **garlic**. Cook for 1 minute.
- Pop the **shallot** back into the pan along with the **mustard**. Stir to combine and season to taste with **salt** and **pepper**.
- Pop the **beans** into a serving bowl and sprinkle over the **almonds**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.