



Garlicky Green Beans with Toasted Almonds

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

2A



Shallot



Green Beans



Garlic Clove



Almonds



Red Wine Vinegar



Wholegrain Mustard

Before you start

All our fruit and veggies need a little wash before you use them.

Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Frying Pan and Lid.

Ingredients

	2P
Shallot**	1
Green Beans**	1 large pack
Garlic Clove**	1 clove
Almonds 2)	1 pot
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	154g	100g
Energy (kJ/kcal)	454 /109	295 /71
Fat (g)	5	3
Sat. Fat (g)	0	0
Carbohydrate (g)	7	4
Sugars (g)	4	3
Protein (g)	5	3
Salt (g)	0.22	0.15

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



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 your pan to the heat with a drizzle of **oil**.
- When hot, add the **shallot** and cook until softened, 2-3 mins. Add the **vinegar** and a pinch of **sugar** and 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 they're tender, 4-6 mins.

Finish & 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.