

SPANISH GARLIC GREEN BEANS

INGREDIENTS

2 tbsp extra virgin olive oil
450gms green beans
5 cloves garlic roughly chopped
2 tbsp chopped fresh parsley
1/2 tbsp sherry vinegar
pinch sea salt
dash black pepper

INSTRUCTIONS

Step 1: Fill a stock pot half ways with water, season generously with sea salt and heat with a high heat

Step 2: Meanwhile, add the green beans into a colander and rinse under cold running water

Step 3: Once the water comes to a boil in the stock pot, add in the green beans, once it comes back to a boil cook the green beans for exactly 2 minutes, then remove them from the stock pot and add into a bowl with iced water, after a couple of minutes drain the green beans and pat completely dry, then trim off a little bit from the ends

Step 4: Heat a large fry pan with a medium to medium high heat. Once the pan is nice and hot, add in the olive oil and the green beans, mix every 30 seconds so all the green beans evenly sautee, after 3 to 4 minutes and they're starting to lightly blister, add in the chopped garlic, mix continuously, after 30 seconds add in the sherry vinegar, chopped parsley and season with sea salt & black pepper, quickly mix together and then remove from the heat

Step 5: Transfer into a serving dish, serve warm or at room temperature, enjoy!

THE COOKERY

by The Secret Jozi Chef