

# PEAS, BEANS & HAZELNUTS

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## INGREDIENTS

1 1/2 cup frozen peas  
300gms fine french beans  
300g sugar snap peas  
30g butter  
1/2 cup hazelnuts, roasted  
1 clove garlic, crushed

## METHOD

### Step 1

In a saucepan over a medium heat bring enough water to the boil to cook the vegetables.

### Step 2

Working in batches first cook the fine beans until just tender, remove and set aside

### Step 3

Now cook the peas until just tender, remove and add to the beans

### Step 4

Finally add the sugar snap peas to the hot water for no more than 30-seconds, drain and add to the other cooked beans and peas.

### Step 5

In a large frying pan, melt the butter and then add the chopped hazelnuts, cook over a medium heat until the nuts just begin to turn brown, remove from the heat, and remove the nuts from the pan with a slotted spoon.

Reserve and set aside

### Step 5

Add the crushed garlic and a little extra butter if needed return to the heat, and add the cooked vegetables, toss to coat.

### Step 6

Serve in a platter topped with the toasted hazelnuts

# THE COOKERY

by The Secret Jozi Chef