

# Fricassee of green bean

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## Ingredients

300g green beans  
2 shallot, finely sliced  
1/2 clove garlic  
pinch dry red chilli  
small knob of butter  
dash olive oil

## Instructions

Step 1:

For the beans, bring a pan of water to the boil, add the green beans and simmer for four minutes. Prepare a bowl of ice cold water.

Step 2:

Remove the beans from the heat, drain and briefly place into the cold water. Drain again.

Step 3:

In a pan, lightly fry the shallot in a little oil and add the green beans. Season to taste with salt and freshly ground black pepper.

Step 4:

Serve the beef with the sauce, bean fricassee and champ.

THE  
COOKERY

by The Secret Jozi Chef

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