

PEAS, BEANS & HAZELNUTS

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