

Fagiolini verdi con aglio e mentuccia

Green Beans with garlic & mint

Ingredients

1 tablespoon fine sea salt
160g fine green beans
1/4 cup extra virgin olive oil
1 tbsp red wine vinegar
2 tablespoons finely sliced mint leaves
1 clove garlic, finely sliced
Freshly ground salt & black pepper

Instructions

Step 1

Bring 2 litres of water to the boil in a large saucepan, then stir in the fine salt

Step 2:

Add the beans, return to the boil, cook for 3-4 minutes until just tender. Drain beans and plunge into ice water

Step 3

When the beans are cool, drain well and pat dry.

Step 4:

Toss with mint, oil, vinegar, garlic, salt and pepper and serve at room temperature

THE COOKERY

by The Secret Jozi Chef

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