

Green Beans with Almonds, Lemon & Parmesan



By Ashley Alexander

You're definitely going to want to make these, they're probably my favourite side dish. And bonus points for being so quick and easy to make too. They're delicious served hot straight from the pan or perfect (and my favourite) served at room temperature, which also makes it easy if you're hosting an event as you can prepare them in advance.

SERVES 4 | **PREP TIME** 5 minutes | **COOK TIME** 10 minutes | **TOTAL TIME** 15 minutes

INGREDIENTS

- 1/4 cup flaked almonds
- 400g (3-4 large handfuls) green beans, tops trimmed
- 2 tablespoons water
- 1-2 tablespoons extra virgin olive oil
- 1 large clove garlic, finely grated or crushed
- Generous pinch of flaky sea salt
- Zest of 1 lemon
- Fresh finely grated Parmesan for finishing

METHOD

1. Dry roast the flaked almonds in a large frypan until lightly golden. Pour into a bowl and set aside.
2. In the same pan, add the green beans and water. Sauté on medium heat.
3. Add the fresh garlic and extra virgin olive oil. Continue sautéing until the beans are vibrant green.
4. Sprinkle a generous pinch of flaky sea salt, lemon zest, and the toasted almonds into the pan.
5. Remove from heat and add a little freshly grated Parmesan. Stir to combine.
6. Serve immediately and enjoy!

NOTES

Almond Roasting: Keep an eye on the flaked almonds while dry roasting to prevent burning. They should be lightly golden to enhance flavour and texture.

Green Bean Sautéing: Ensure the green beans are cooked to a vibrant green colour, maintaining a slight crispness for texture. Overcooking may result in a loss of colour and crunch.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/green-beans-almonds-lemon-parmesan>

Let me know if you make the recipe! x **@gatherandfeast**