



Sesame Green Beans

Equipment

- Chopping board and knife
- Saucepan
- Frying pan

Ingredients

- 2 handful green beans
- 2 tsp olive oil
- 3 cloves garlic, peeled and finely chopped
- 1 tsp tamari
- 1 tbsp sesame seeds

What to do

Task 1 : Prepare the ingredients
Tail and trim the beans. Peel and finely chop garlic.

Task 2 : Cook
Bring a small amount of water to a boil in a large saucepan. Add the green beans and cook until crisp tender. Drain and set aside.

Task 3 : Combine
Warm the oil in a frying pan set over medium high heat. Add the garlic and saute until fragrant, about 1 minute. Add the blanched vegetables and saute to coat with the olive oil and garlic. Stir in the tamari and the sesame seeds and toss to coat.

Task 4 : Serve
Remove from the heat and transfer to a serving bowl. Serve warm.

