

Green beans



Available

Fresh NZ beans are usually available from summer to autumn. Use frozen when fresh are not available.

Buy

Fresh and tender pods which make a snapping sound when broken.

Store

In the vegetable bin in the fridge.

Prepare



Whole.



Slice the tops off.



Slice across the bean into bite-sized pieces.



Cut diagonally into bite-sized pieces.

Cook

Can be:



Boiled



Baked



Salad



Stir-fried



Green bean salad

(serves 4)

Ingredients

2 cups green beans, sliced
1 can four bean mix, drained and rinsed
1 can chick peas, drained and rinsed
1 capsicum, diced
½ red onion, diced finely
½ cup parsley, chopped finely
¼ cup vinegar
2 tablespoons oil
1 French bread stick, sliced into 12 slices or 4 slices of toast bread, sliced in half

Method



1 Bring a saucepan of water to the boil and cook green beans for 2 minutes. Drain and cool under cold running water, set aside.



2 In a large salad bowl, mix together the four bean mix, chickpeas, capsicum, red onion, parsley, green beans, vinegar and oil.



3 Refrigerate until ready to serve.



4 Toast the bread in the toaster or under the grill. Serve with green bean salad.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes