

Pan-fried green beans with garlic and fresh herbs |

Recipe for 4 portions

Description

A tremendously versatile side dish that can be served with virtually any main plate.

Note

Yes, very simple but very useful. If you master this, any green vegetables will be at your disposal while remaining tasteful, green and with the proper texture. Meaning that they'll be keeping their very own personality in the plate. Crucial.

Ingredients

Green beans

- 300 Gr Green beans
- 2 Clove(s) Chopped garlic
- 3 Sprig(s) Chopped parsley
- Butter
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **20 mins**

Mise-en-place

Take off the undesired part of the green beans at the top.

Take the leaves off the parsley, peel and finely chop the garlic.

Green beans

Cook the greens beans for 5-6mins into a big stewpot with boiling salted water. Absolutely crucial that they remain a little bit *al dente* before plunging them into an iced bath.

Montage

In a medium hot pan with vegetable oil and butter, rapidly flip the green beans in just to heat them all out.

Add the parsley and the parsley and mix everything well. Salt & pepper to taste. Serve

Bon appétit!