

Dish pak-ed with antioxidants creates a lovely meal

'Tis the season for green beans and I have to admit it's one of my favourite times of year on the vegetable calendar, I adore them, and they pair beautifully with pak choi in this Asian inspired recipe.

Green beans are a great source of vitamins A, C, and K, folate, thiamine, riboflavin, iron, magnesium, and potassium, and the flavonols quercetin and kaemferol which have anti-inflammatory and antioxidant effects. Whilst almost always referred to as green beans, fine beans can also be yellow or purple, so you can get a veritable rainbow on your plate with just one vegetable (and a variety of antioxidants as well).

Pak choi contains some similar nutrients to green beans as well as phosphorus, zinc, manganese, selenium, niacin, choline, and beta-carotene. Bok choy is so nutrient dense it ranks sixth on the Aggregate Nutrient Density Index (ANDI) for fruits and vegetables, this index rates foods on their vitamin, mineral, phytochemical, and antioxidant content and nutrient density indicates the quantity of beneficial compounds per calorie.

Sesame pak choi and green beans

(serves 4)

2 pak choi

200g fine green beans

½ tbsp sesame seeds

1 garlic clove (finely grated)

½ thumb-sized piece of ginger (finely grated)

1 tbsp extra virgin olive oil

1 tbsp sesame oil

Optional extras: dried chilli flakes, soy sauce



Top and tail the green beans, then steam for a couple of minutes until just starting to get tender.

Meanwhile lightly toast the sesame seeds in a small dry frying pan, shaking them occasionally so they don't catch. When they are a pale brown colour set them aside to cool

Cut the pak choi into eighths lengthways through the bulb and heat a wok or large frying pan on a medium-high heat. Add the olive oil, ginger, garlic, and fry for about 1 minute, stirring regularly. Add the pak choi and partially cooked beans to the pan for 1-2 minutes until the pak choi is tender and both are vibrant green.

Before serving stir in the sesame oil and toasted sesame seeds, then enjoy!

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