

I adore green bean season, so much so that my wonderful mother would post some runner beans to me from our vegetable garden at home each year when I moved away, and I was so grateful! I'd always look forward to finding new ways to cook with them but would always come back to simple recipes that just help to bring out their natural, delicious flavour. In this recipe I have paired them with peas to add a little natural sweetness, along with some store cupboard essentials.

Green beans are a good source of vitamins A, C, and K, folate, thiamine, riboflavin, iron, magnesium, and potassium, and the antioxidant and anti-inflammatory flavonols quercetin and kaemferol.

Strictly speaking peas aren't a vegetable, they are a legume like lentils, chickpeas, and white beans. They share a similar vitamin and mineral profile to green beans, and contain good levels of protein and fibre which makes them very satiating.

Braised peas and beans

(serves 2-4)

200g peas (fresh or frozen)

200g green beans (Runner or fine beans)

1 medium shallot (finely diced)

1 garlic clove (finely grated)

1 sprig of thyme

100ml Stock (chicken or vegetable)

Zest ½ lemon

1 tbsp extra virgin olive oil

Pinch of black pepper

Optional extras: lemon juice

Pop a large sauté pan on a medium-high heat, add the oil and the diced shallot, and cook for a couple of minutes, stirring regularly until slightly softened. Add the garlic, thyme, and lemon zest and cook for a further minute.

If using fine beans just cut off the ends, if opting for runner beans cut off the ends and cut on the diagonal about 1cm thick. Add to the pan with the stock and cook with the lid on for around 5 minutes until starting to soften, then add the peas for a further 3 minutes. If you find all the stock evaporates before the end top up with a splash of water. Finish with a pinch of black pepper and a squeeze of lemon for an extra zesty kick.



Rebecca Vincent BSc (Hons)

BANT registered nutritionist

07515 019430

www.rebeccavincentsnutrition.co.uk