

Garlic Baby Broccoli & Green Beans with Lemon, Herbs & Crumbly Cheese

Grab your Meal Kit with this symbol









Baby Broccoli



Green Beans



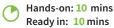


Chilli Flakes (Optional)



Greek Salad Cheese/Feta Cheese

Pantry items Olive Oil





Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium frying pan

Ingredients

	2 People
olive oil*	refer to method
baby broccoli	1 bag
green beans	1 bag (100g)
garlic	1 clove
lemon	1/2
herbs	1 bag
chilli flakes (optional)	pinch
Greek salad cheese/ feta cheese	1/2 packet (25g)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	684kJ (163Cal)	341kJ (82Cal)
Protein (g)	8.7g	4.3g
Fat, total (g)	11.4g	5.7g
- saturated (g)	4.6g	2.3g
Carbohydrate (g)	4.4g	2.2g
- sugars (g)	3g	1.5g
Sodium (mg)	283mg	141mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the garlic greens

Trim **baby broccoli** and **green beans**. Finely chop **garlic**. Heat a medium frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **green beans** with a dash of **water**, tossing regularly, until just tender, **4-5 minutes**. Add **garlic** and cook until fragrant, **1-2 minutes**.



Get prepped

While the greens are cooking, zest **lemon** to get a pinch, then slice into wedges. Pick and finely chop **herbs**.



Season the greens

In a medium bowl, combine **lemon zest**, a squeeze of **lemon juice**, **chilli flakes** (if using) and a pinch of **salt** and **pepper**. Add **garlic greens** and toss to coat.

TIP: Season the garlic greens in a serving dish to saving on washing up!



Serve up

Transfer garlic greens to a serving dish. Crumble with the **cheese** (see ingredients) and sprinkle with herbs. Serve with any remaining lemon wedges.

Enjoy!