



Garlic Baby Broccoli & Green Beans

with Lemon, Herbs & Crumbly Cheese

Grab your Meal Kit with this symbol



Baby Broccoli



Green Beans



Garlic



Lemon



Herbs



Chilli Flakes (Optional)



Greek Salad Cheese/Feta Cheese

Hands-on: 10 mins
Ready in: 10 mins

Spicy (optional chilli flakes)

This abundant bowl of green goodness is sure to put the pep in your step! With lemon and chilli there's plenty of zest and a gentle kick of heat, while crumbly cheese adds a delicious creamy touch.

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	½
herbs	1 bag
chilli flakes (optional)	pinch
Greek salad cheese/ feta cheese	½ 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.

1



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**.

3



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!

2



Get prepped

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

4



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!