



# Sautéed Garlic Broccoli & Green Beans

with Lemon, Mint & Feta

Grab your Meal Kit  
with this symbol



Broccoli



Green Beans



Garlic



Lemon



Mint



Chilli Flakes  
(Optional)



Feta

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, chilli and mint, there's plenty of zest and a gentle kick of heat, while feta 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 too.

### You will need

Medium frying pan

### Ingredients

	2 People
olive oil*	refer to method
broccolini	1 bunch
green beans	1 bag (100g)
garlic	1 clove
lemon	½
mint	1 bunch
chilli flakes (optional)	pinch
feta	1 block (25g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	470kJ (112Cal)	293kJ (70Cal)
Protein (g)	9.1g	5.7g
Fat, total (g)	3.2g	2.0g
- saturated (g)	2.0g	1.2g
Carbohydrate (g)	11.7g	7.3g
- sugars (g)	4.1g	2.6g
Sodium (g)	136mg	85mg

### Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://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 the **broccolini** and **green beans**. Finely chop the **garlic**. Heat a medium frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **broccolini** and **green beans** with a **dash of water** and cook, tossing regularly, until just tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1-2 minutes**.



### 3. Season the greens

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



### 2. Get prepped

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



### 4. Serve up

Divide the garlic broccolini and green beans between plates. Crumble over the **feta** and sprinkle with the mint. Serve with any remaining lemon wedges.

**Enjoy!**