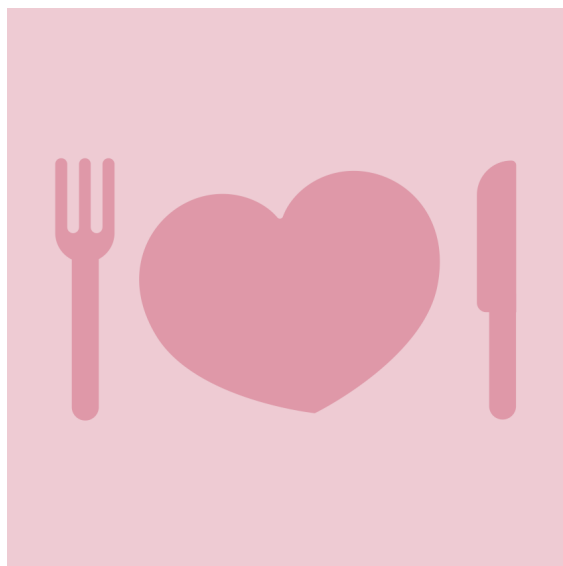




GREEN BEANS ALMONDINE

A great side dish for roast duck.

Difficulty: Easy



INGREDIENTS

French green beans
30g butter
2/3 cup sliced almonds
Salt, to taste

METHOD

1. Cut the end off each bean and in half if very long, leaving a whole bean (or cut in half in the middle of the bean).
2. Fill a large deep frying pan with water and bring to a boil.
3. Blanche the beans in the water so they are still crisp.
4. Drain beans.
5. In the same pan melt half the butter and fry almonds til golden. Remove almonds and add remaining butter and beans.
6. Cover the frypan and reduce heat to a simmer (turning beans occasionally).
7. Cook on a low heat for approximately 6-7 minutes. Drain off excess butter.
8. Add almonds with salt and pepper to taste and toss beans and serve.