

Italian green beans with garlic

INGREDIENTS

350g green beans (or a mix of green beans and other garden vegetables such as zucchini, carrots, and silverbeet)

3 tablespoons extra virgin olive oil, divided

2 cloves garlic

1 teaspoon lemon juice (optional)

½ tsp salt

PREPARATION

1. Cut off the top and bottom points of the green beans, then cut the beans into thirds. Slice any other vegetables that you are using into matchstick shapes. Finely chop the garlic.
2. Heat a saucepan on medium heat. Add 2 tablespoons olive oil, green beans, vegetables, and salt. Sauté, stirring occasionally, until vegetables are tender, about 10 minutes.
3. Add the garlic and sauté for about 30 seconds.
4. Remove from heat and stir in lemon juice (if using), 1 tablespoon olive oil, and more salt to taste if needed.
5. Transfer out to a serving plate and serve.