

Charred Green Bean Almondine

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4-6 servings



5 minutes

INGREDIENTS

- 16 oz Green Beans
- 1 Clove Garlic
- Extra Virgin Olive Oil
- Salt and Pepper to taste
- ½ cup Sliced Almonds
- 1 tbsp Butter

DIRECTIONS

1. Cut ends off green beans.
2. Put in cold water and place on medium-high heat.
3. Prepare an ice bath of ice and water in a bowl off to the side.
4. Bring to a boil and let cook for 8-10 minutes until a fork can easily puncture.
5. Drain beans of all hot liquid and immediately throw them into the ice bath to cool them off, keep their color, and stop the cooking process.
6. Once completely cooled, drain from the ice bath and shake/pat off any excess water.
7. Get a cast iron skillet or frying pan on the stove on medium-high heat.
8. Put butter, oil, and garlic in a pan for 1-2 minutes, then add your cold beans and sliced almonds. Season with salt and pepper.
9. Cook for 5 minutes, flipping frequently with tongs until they are hot and slightly charred. Serve immediately.