

Beans with Lemon and Toasted Sesame Seeds

Ingredients

- 500 g green beans
- 3 yellow sweet peppers
- 5 cloves garlic
- 3 tablespoons olive oil zest of a lemon, salt, pepper
- 5 tablespoons sesame seeds



Method

1. Cut 1cm off each end of the beans. Cut into quarters.
2. Place the beans in a saucepan and just cover with water.
3. Bring to the boil. Turn down so the water is simmering.
Cook for 2-3 minutes and then check the beans are starting to soften using the tongs.
(An adult to help check and drain the hot water)
4. While the beans are cooking measure the sesame seeds into the frypan and turn on to a medium heat.
Stir around continually with a wooden spoon until they turn a light brown colour.
5. Chop the garlic finely and fry in the oil in a pan. Chop the peppers and add to the pan.
Add the cooked beans and lemon zest to the garlic and stir around to cover the beans.
Season with salt and pepper.

Add to a share plate and sprinkle with the toasted sesame seeds. Garnish with edible flowers.