



# Garlic Baby Broccoli & Green Beans

with Lemon, Mint & Creamy Fetta

Grab your Meal Kit with this symbol



Baby Broccoli



Green Beans



Garlic



Long Red Chilli (Optional)



Lemon



Mint



Fetta Cheese



Hands-on: **10 mins**

Ready in: **10 mins**



Naturally **gluten-free**

*Not suitable for Coeliacs*



Spicy (optional long red chilli)

This abundant bowl of green goodness is sure to put a pep in your step! With lemon zest, chilli and mint, there's plenty of zest and a gentle kick of heat, while fetta 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.

## You will need

Medium frying pan

## Ingredients

	<b>2 People</b>
olive oil*	refer to method
baby broccoli	1 bunch
green beans	1 bag (100g)
garlic	1 clove
long red chilli (optional)	½
lemon	½
mint	½ bunch
fetta cheese	1 block (25g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	575kJ (137Cal)	261kJ (62Cal)
Protein (g)	6.6g	3g
Fat, total (g)	8.5g	3.9g
- saturated (g)	2.7g	1.2g
Carbohydrate (g)	4.8g	2.2g
- sugars (g)	3.6g	1.6g
Sodium (mg)	150mg	68mg

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Cook the vegetables

Trim the ends of the **baby broccoli** 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 **baby broccoli** 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 vegetables

In a medium bowl, combine the **lemon zest**, a squeeze of **lemon juice**, **chilli** (if using) and a pinch of **salt** and **pepper**. Add the **baby broccoli** and **green beans** and toss to coat.

2



## Get prepped

While the veggies are cooking, finely chop the **long red chilli** (see ingredients), if using. Zest the **lemon** to get a **pinch** and slice into wedges. Pick and finely chop the **mint** (see ingredients).

4



## Serve up

Transfer the baby broccoli and green beans to a serving dish. Crumble over the **fetta** and sprinkle with the mint. Serve with the remaining lemon wedges.

Enjoy!