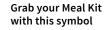


Garlic Baby Broccoli & Green Beans with Lemon, Mint & Creamy Fetta









Baby Broccoli











Lemon





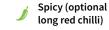
Fetta Cheese



Pantry items Olive Oil



Not suitable for Coeliacs



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

	2 People
olive oil*	refer to method
baby broccoli	1 bunch
green beans	1 bag (100g)
garlic	1 clove
long red chilli (optional)	1/2
lemon	1/2
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 for allergen and

ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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**.



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).



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.



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!