



# Garlic Baby Broccoli & Green Beans

with Lemon, Mint & Creamy Fetta

Grab your Meal Kit  
with this symbol



Baby Broccoli



Green Beans



Garlic



Long Chilli  
(Optional)



Lemon



Mint



Fetta Cubes

Prep in: **10 mins**

Ready in: **10 mins**

 **Naturally Gluten-Free**  
*Not suitable for coeliacs*

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 zing 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

	2 People
<b>olive oil*</b>	refer to method
baby broccoli	1 bunch
green beans	1 small bag
garlic	1 clove
long chilli (optional) 🌶️	½
lemon	1
mint	½ bag
fetta cubes	1 small packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	781kJ (187Cal)	403kJ (96Cal)
Protein (g)	9.7g	5.0g
Fat, total (g)	10.7g	5.5g
- saturated (g)	3.0g	1.6g
Carbohydrate (g)	13.0g	6.7g
- sugars (g)	4.7g	2.5g
Sodium (mg)	137mg	71mg

The quantities provided above are averages only.

## 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 greens

- Trim ends of **baby broccoli** and **green beans**. Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** and **green beans** with a dash of water, tossing regularly, until just tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1-2 minutes**.

3



## Season the greens

- In a medium bowl, combine **chilli**, **lemon zest**, a squeeze of **lemon juice** and a pinch of **salt** and **pepper**.
- Add **baby broccoli** and **green beans**. Toss to coat.

2



## Get prepped

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

4



## Serve up

- Transfer garlic baby broccoli and green beans to a serving dish.
- Sprinkle with mint. Crumble with **fetta cubes**.
- Serve with remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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