

GREEN BEANS WITH TOASTED HAZELNUTS

INGREDIENTS

1 lb. (450 g) fresh green beans, trimmed
1/2 cup toasted hazelnuts, coarsely chopped
2 tablespoons butter or olive oil
1 clove garlic, minced
Zest of 1 lemon
1 tablespoon fresh lemon juice
Salt and pepper to taste

METHOD

1. **Blanch the Green Beans:** Bring a large pot of salted water to a boil. Add the green beans and cook for 3–4 minutes, until they are bright green and tender-crisp. Drain and immediately transfer them to a bowl of ice water to stop the cooking process. Drain again and pat dry.
2. **Toast the Hazelnuts:** In a dry skillet over medium heat, toast the hazelnuts for 3–5 minutes, stirring occasionally, until they are fragrant and lightly browned. Remove from heat and set aside.
3. **Sauté the Green Beans:** In a large skillet, melt the butter (or heat olive oil) over medium heat. Add the minced garlic and sauté for about 30 seconds, until fragrant.
4. **Combine and Season:** Add the blanched green beans to the skillet and toss to coat them in the butter and garlic. Stir in the lemon zest and juice, and season with salt and pepper to taste.
5. **Finish with Hazelnuts:** Transfer the green beans to a serving dish and sprinkle the toasted hazelnuts on top.
6. **Serve warm.**