

Greek Green Beans (Fasolakia) For One

Serves: 1

Prep time: 6 Minutes

Cooking time: 15 Minutes

Ingredients:

- 100g-120g green beans
- 1 tablespoon olive oil
- 2 tablespoons chopped red onion
- ½ cup chopped tomatoes
- 1 teaspoon grated garlic
- 1 teaspoon water
- pinch sugar
- pinch salt
- cracked black pepper

Garnish:

- 8 seeded kalamata olives, halved
- 1 tablespoon chopped parsley
- 1-2 tablespoons crumbled feta

Method:

- Top and tail and halve the beans
- Place beans in a bowl of boiling water, blanch them for 5 minutes, drain and set aside

Meanwhile:

- Prepare the onions, tomatoes and garlic
- Heat oil in a pan over medium high heat, add the onions, reduce heat to a simmer and cook for one minute
- Add the tomatoes, garlic, sugar, salt and pepper. Stir to combine. (I like to squash my tomatoes down with a fork at this stage) Bring to the boil, reduce heat, and simmer for 5 minutes
- Add the beans and the water cover with a lid and cook for 3 minutes, remove lid and cook for an extra 1- 2 minutes or until beans are cooked to your liking and the sauce has thickened slightly
- Place bean mixture onto a serving plate, **garnish** with chopped parsley, olives and feta cheese
- **Serve and Enjoy!**



*My version of **Fasolakia** I like my beans crunchy so doing it this way, I get both the flavour and the crunch. Yummy!*
Enjoy!