

INGREDIENTS

- 2 Cups of Green Beans
- ½ cup Roasted Almonds, chopped
- 2 Spring onions
- 1-2 garlic cloves
- 1 tsp Almond Oil
- 1 Red Chilli, chopped (optional)

INSTRUCTIONS

- Heat oil in a wok or saute pan
- Add spring onions, garlic and chilli, if using
- Add green beans and saute until reached desired tenderness
- Add the roasted almonds and continue to saute for 1-2 mins
- Serve immediately



Green Beans and Roasted Almonds



2-4 Servings



10 minutes

Serve as a side to a protein dish of your choice or as a light lunch option on its own.

