

GREEN BEANS IN A RED SAUCE

By



Chef Chris



PREPARATION TIME



COOKING TIME



SERVES



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WATERFRONT MARKET

INGREDIENTS

- 1kg fresh green beans (800 g if using frozen)
- 3 medium potatoes, cut into large cubes
- 400ml warm water
- 1 lg red onion, finely chopped
- 3 garlic cloves, finely chopped
- 200g ripe tomatoes, peeled & grated
- 1 tbsp tomato paste
- 1 tsp sugar
- 100ml extra virgin olive oil
- 1 bunch of parsley, finely chopped (leaves only)
- Salt & pepper
- Feta cheese



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Method:

Preparing the beans:

1. If using fresh green beans, you will need to clean them. Put the beans in a colander or bowl and rinse with cold water, draining them well.
2. With your hands, snap the tips off the green beans. By bending the tips gently until they snap, the string along the back of the beans should come away too. If your beans are really long, snap them in half again.


Cooking the beans:

1. Put a pot on medium heat, add the olive oil.
2. When the oil is hot, add the onion and potatoes and sauté for around 5 minutes.
3. Add the garlic and continue to sauté for a further minute, stirring with a wooden spoon.
4. Now add in the sugar and tomato paste and stir through.



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5. Add in the green beans and let them sauté whilst stirring gently so as not to break the beans. Let them cook for around 10 minutes.
 6. Pour in the water, add the grated tomatoes and when the liquid starts to boil, decrease the temperature and allow to simmer for 25 minutes.
 7. Add the parsley and season to taste with salt and pepper. Cook for a final 10 minutes or so, checking the thickness of the sauce and crunchiness of the beans regularly.
 8. When ready, remove from the heat and allow to cool. Transfer to a serving dish and sprinkle with crumbled feta cheese. Enjoy!

Bon appétit!



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