

Blistered Green Beans with Tomato Pesto

Ingredients:

- 2 tablespoons butter or coconut oil
- 2 cloves garlic, finely chopped
- 1 small basket beans
- 1 handful cherry tomatoes
- 1 small bunch basil, leaves picked and torn



Tomato Pesto:

- 300g sundried tomatoes
- 1 tomato chopped
- ½ cup sunflower seeds, dry toasted in a pan
- 1 garlic clove, chopped
- 2 tablespoons red wine vinegar or apple cider vinegar
- ½ teaspoon smoked paprika
- 70ml extra virgin olive oil



What to do:

- 1) Make the pesto by blending sundried tomatoes, tomato, sunflower seeds, garlic, vinegar, paprika in a blender. Add 2 table spoons water and pulse.
- 2) Transfer to a bowl and mix in the olive oil. Set aside.
- 3) Heat the butter or coconut oil in a wok.
- 4) Add the garlic, swirl around the pan for 10 seconds until fragrant.
- 5) Add the beans and sautee, tossing occasionally for 4 or 5 mins or until starting to colour and blister.
- 6) Stir in the cherry tomatoes and basil, sautee until softened.
- 7) Stir in half the tomato pesto and toss through the beans until heated through.
- 8) Season with salt and pepper.
- 9) Top the beans with remaining pesto.