



Green Beans with Artichokes and Olives.

This is a very simple recipe but looks great if you are having guests around. We've done this with our Pan-Seared Chicken Dish.

Green Beans with Artichokes and Olives



Prep time

10 mins

Cook time

10 mins

Total time

20 mins

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Recipe type: Side Dish

Type of food: Paleo

Serves: 8

What you need:

- 1 kg of green beans, steamed
- 100gms of olives (best to get in a black or near black colour presentation-wise)
- 1 can artichokes (aprox 400gms)
- ¼ cup of extra virgin olive oil
- Juice from 1 lemon
- 2 tsp dried mediterranean herbs (such as oregano or basil)
- ½ tsp black pepper
- Pinch of salt

What to do...

1. In a large pot steam the green beans until tender. Should take around 10 minutes.
2. Once the beans have completely cooled, pour them into your serving dish and mix through the artichokes and olives.
3. In a separate bowl mix together the olive oil, lemon juice, herbs, salt and pepper.

