

Gorgeous Green Beans

Recipe By Chanie Nayman



Cooking and Prep:  20
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Serves:  6

Contains:    

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Sukkot

Diet: Low Carb, Sugar Free,

Vegan, Vegetarian,

Pescetarian

Source: Family Table by

Mishpacha Magazine

Whenever I serve green beans, they're always the first dish people comment on.

We're always looking for good string bean recipes — that and cabbage salads.

Here's a combination of two string bean recipe concepts. It's worth trying.

Ingredients (11)

Main ingredients

- 1 tablespoon [Gefen Olive Oil](#)
- 1 16-ounce (453 grams) bag frozen string beans, defrosted, or 1 pound (450 grams) fresh string beans, blanched
- 2 fresh apricots, or 4 dried apricots

- 1 tablespoon sesame seeds
 - 1/2 cup slivered almonds
 - 1/4 cup **Haddar Teriyaki Sauce**
 - 1 teaspoon **Gefen Sesame Oil**
 - 1 teaspoon fresh garlic, minced, or 1 cube garlic
 - 1/2 teaspoon mustard powder
 - pinch black pepper
 - 2 tablespoons scallions, sliced
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Start Cooking

Prepare String Beans

1. Heat olive oil over medium-low heat.
2. Add string beans, apricots, sesame seeds, and almonds and toss to coat in olive oil.
3. Allow to sauté for about three minutes.
4. Meanwhile, combine remaining ingredients except scallions in a small bowl.
5. Pour over string beans and sauté another two minutes.
6. Add scallions and toss to coat.
7. Remove from flame and transfer to a serving dish so that it doesn't continue cooking.
8. Serve warm.

Credits

Photography: Daniel Lailah

Styling: Amit Farber