

# Green Vegetables

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# Balsamic Cranberry-Nut Green Beans



## Ingredients

- 500g / 1lb green beans
- 1/2 cup dried cranberries
- 1/4 cup slithered almonds
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp minced garlic
- 2 tbsp balsamic vinegar

## Method

1. Trim and slice the beans.

2. Boil beans until al dente with salt, pepper, and garlic.
3. Drain and stir in cranberries, nuts, and balsamic.

## Notes

Serves 6.

# Bean Sprout Salad (??? ??)

## Ingredients

- 200g / 1/2lb bean sprouts
- 1 tbsp sesame oil
- 1 tbsp sesame seeds
- 1 tsp minced garlic
- 1 tsp salt
- 1 tsp pepper

## Method

1. Rinse bean sprouts and boil for 3 minutes.
2. Drain and run through cold water to stop them cooking.
3. Toss through the remaining ingredients.

# Braised Zucchini (?? ??)



## Ingredients

- 2 zucchinis
- 1 spring onion
- 2 tsp soy sauce
- 1 tsp minced garlic
- 1 tsp sesame oil
- 1 tsp sesame seeds

## Method

1. Cut zucchini to 1/2cm thick.
2. Sauté with soy sauce, garlic, and sesame oil for 2-3 minutes.
3. Add finely chopped spring onion, sesame seeds, and a little bit of water, and cook until soft.



# Stewed Peas (?????? ?????????????)



## Ingredients

- 500g / 1lb peas
- 1 onion
- 1/2 cup tomato paste
- 2 tbsp lemon juice
- 1 tbsp dried dill
- 1 tbsp dried oregano
- 1 tsp minced garlic
- 1 tsp fennel seeds
- 1 tsp salt
- 1 tsp pepper

## Method

1. Quarter and finely slice onion, and sauté with garlic until translucent.
2. Add salt, pepper, dill, oregano, and fennel, and sauté for several more minutes.
3. Add peas, stir in and cook until defrosted.
4. Dissolve tomato paste in 2 cups of warm water, then add it to the pan and boil for 3-5 minutes.
5. Add lemon juice and 1 cup of water, and simmer for 30 minutes.

## Notes

Makes 2 serves as a main for 4-6 as a side.

# Tomato Green Beans

## Ingredients

- 500g / 1lb green beans
- 1 can diced or stewed tomatoes
- 2 onions
- 2 tsp minced garlic
- 1 tsp cinnamon

## Method

1. Chop onion finely and sauté with garlic.
2. Add the tomatoes and cinnamon.
3. Chop and wash the green beans, then add them to the pan.
4. Cook until soft.



# Wilted Spinach Salad (??? ??)

## Ingredients

- 100g / 5oz spinach
- 1 spring onion
- 2 tsp soy sauce
- 1 tsp minced garlic
- 1 tsp sesame oil
- 1 tsp sesame seeds
- 1/2 tsp sugar
- pinch of salt
- pinch of pepper

## Method

1. Rinse spinach and gently wilt with boiling water.
2. Finely chop the spring onion.
3. Toss all the ingredients together.