

Asparagus & green beans with chilli & cashews



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Preparation 15 mins | Cooking 5 mins | Serves 4 as a side dish

2 bunches thick asparagus, halved lengthways
250g green beans, trimmed
2 tbs olive oil
2 garlic cloves, crushed
½ tsp dried chilli flakes
⅓ cup roasted cashews, roughly chopped
Lemon wedges, to serve

STEP 1 Bring a large frying pan of water to the boil over high heat. Add beans and cook for 2 minutes then add asparagus and cook for a further minute. Drain and refresh in cold water. Set aside.

STEP 2 Wipe the pan dry. Heat oil in the pan over medium-high heat. Add garlic and chilli and cook for 1 minute. Toss through asparagus, beans and cashews until hot. Season with salt and pepper to taste and serve.

Good for you... **ASPARAGUS**

One of the best sources of natural folate. This B complex vitamin is important throughout life for normal function of the immune system. A source of vitamin C which contributes to protecting body cells from damage from free radicals.

