

# Green beans with tomato

## Ingredients

- 2tbsp olive oil
- 2 large, ripe tomatoes, diced
- 2 garlic cloves, crushed
- 1 tsp sea salt
- 1 tbsp soy sauce
- 125ml (1/2 cup) water
- 250g green beans, trimmed
- 250g flat beans, trimmed

## Equipment

- Metric spoon & cup measures
- Saute pan
- Sharp knives
- Wooden spoon
- Serving bowls

1. Heat the oil in a deep-sided frying pan and add the tomatoes, garlic, sea salt, soy sauce and water.
2. Simmer over a medium heat for 5 minutes or until the tomatoes are soft, then add the beans.
3. Cover the pan with a lid and allow to cook for 5 minutes.



4. Remove from the heat and season with freshly ground black pepper.