

SallyBee



Campaigning for people to "Season with Sense"



TOMATOES & SPINACH ON THE SIDE

 **Prep: 5 minutes**

 **Cook: 10 minutes**

 **Serves: 2**

INGREDIENTS:

- Drizzle of olive oil
- 1 small red onion, finely diced
- 1 clove garlic, sliced
- 130g blanched green beans
- 400g tin cherry tomatoes
- Handful fresh spinach
- 25g mixed seeds
- 25g unsalted pistachio nuts
- Freshly ground black pepper
- Pinch **LoSalt**
- Slurp red wine

METHOD:

1. Over a medium/high heat, in a large frying pan, add a drizzle of olive oil.
2. Add the diced onion and sliced garlic and saute for 4-5 mins until golden.
3. Next add the blanched green beans, tinned cherry tomatoes, spinach, mixed seeds and pistachio nuts.
4. Season with black pepper, a pinch of **LoSalt** and a slurp of red wine.
5. Saute for a further 4-5 mins and serve hot and bubbling.