

Green Beans & Edamame with Anchovies

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Green Beans & Edamame with Anchovies

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This delicious green bean salad is packed with protein and fibre.

Serves 2

- 8 salted anchovies, rinsed and chopped
- Juice of ½ lemon
- 2 tbsp olive oil
- 100g frozen edamame beans
- 150g thin green beans, topped and tailed

1. Mix the anchovies with the lemon juice and olive oil in a medium-sized bowl.
2. Bring a pan of salted water to the boil and add the frozen edamame beans. Bring it back to the boil before adding the green beans, then simmer for 3–4 minutes, until the beans are al dente. Drain them, then stir them into the anchovy mixture. Add a generous grinding of black pepper and serve.

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