

GREEN BEANS WITH THYME AND CASHEW NUTS

1 lb.* green beans (use fresh or frozen – no need to slice frozen)
3 tablespoons sunflower oil
3 oz. cashew nuts
1 ea. garlic clove, chopped
1 tablespoon chopped *thyme*

Slice beans.

Boil them in lightly salted water until they are just tender.

Drain them.

Heat oil in a skillet over medium heat.

Put in the cashew nuts & stir until they are golden brown.

Remove from the skillet.

Increase the heat.

Put in the beans & garlic.

Stir until the garlic begins to brown.

Mix in the nuts and *thyme* and remove the pan from the heat.

**Abbreviations:*

lb. means pound (16 ounces) but this is an approximation – no need to be strict

oz. means ounce, but throw in a fistful or however much you think you would like

Recipe from Irish Thymes www.irishthymes.com