Crisp Butter Beans with Broccoli and Lemon

2 bean-and-broccoli plates · Active 15 min · Total 30 min

Skills: Easy

Ingredients

• 1 small head broccoli, cut into small florets and thin stem slices (300 g)

• 3 tablespoons water (45 ml)

• 2 cans butter beans (15 oz/425 g each), drained and rinsed

• 1 1/2 tablespoons olive oil (22 ml)

• 2 garlic cloves, finely sliced

• 1/4 teaspoon fine salt

• 1/4 teaspoon ground black pepper

• 1 tablespoon lemon juice (15 ml)

• 1/2 teaspoon finely grated lemon zest

• 2 tablespoons chopped parsley

Set out

12-inch nonstick skillet with lid, Wide spatula, Plate, Clean towel

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Put broccoli and water in the skillet. Cover and cook over medium heat for 4–5 minutes until just tender. Transfer to the plate and let remaining pan water evaporate.

2. Pat beans dry. Add oil to the skillet over medium-high, then spread beans in a single layer. Cook for 4 minutes without frequent stirring, turn sections and cook for 3 more minutes.

3. Add garlic, salt and black pepper and cook for 1 minute. Return broccoli and fold gently for 2 minutes until hot.

4. Remove from heat and add lemon juice, zest and parsley. Serve immediately.

Choose when crispness matters

This is particularly good as a home meal before a shift. A chilled leftover portion is still useful, but pack it as a tender bean salad rather than expecting it to stay crisp through refrigeration and reheating.

A useful detail

Use a large skillet for this quantity. If necessary, brown beans in two batches rather than piling them deep.

Keep it well

Refrigerate within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C. The bean surfaces soften after storage; their freshly browned texture is best at the first serving.