Garlic Butter Green Beans with Almonds

4 side portions · Active 15 min · Total 1 hr

Skills: Easy

Ingredients

- 1 lb green beans, trimmed (450 g)
- 1/4 cup sliced almonds (25 g)
- About 6 1/4 cups drinking-quality water (1.5 liters) for boiling the beans, plus more as needed to keep them submerged
- 1 tablespoon butter (14 g)
- 1 garlic clove, finely minced
- 1 teaspoon lemon juice (5 ml)
- 1/4 teaspoon fine salt
- 1/4 teaspoon black pepper

Set out

At least 3.5-liter (3.7-quart) saucepan that fits the burner securely, 10-inch (25 cm) skillet, Colander set securely for draining, Wooden spoon, Dry plate for toasted almonds, Heatproof gloves

Allergens

Milk, Tree nuts (almond). Check labels and substitutions.

Timing

Allows for toasting almonds, heating the water, returning to the boil, at least 30 minutes of bean boiling, draining and the brief garlic-butter finish. A slow water heat-up can extend the total.

Make it

1. Toast almonds in the dry skillet over medium-low heat for 2–3 minutes, stirring, until pale golden. Transfer to the dry plate and set the skillet aside on a stable heatproof surface.

2. Bring the cooking water to a full boil in the saucepan. Add trimmed fresh green beans, return to a full boil, then boil for at least 30 minutes and until fully tender. Start the 30-minute count only after the boil returns. Add more drinking-quality water if needed to keep the beans submerged, returning to a full boil after additions. Keep the pot attended.

3. Drain the beans carefully through the secured colander, keeping hands and face clear of steam. Return the empty skillet to medium-low heat. Add butter and garlic and stir for 30–45 seconds without browning the garlic.

4. Add the thoroughly drained cooked beans, lemon juice, salt and pepper. Toss for about 1 minute to coat, then fold in the almonds and serve.

Make room for a safe boiling pot

Check the pot’s diameter, weight and handle clearance before starting. Have the colander and a stable landing space ready. If the required boiling pot does not fit the kitchen safely, choose another recipe rather than balancing it on an unsuitable burner or substituting a quick steam.

A useful detail

The fresh-bean stage is a full boil for at least 30 minutes, not a brief steam or a tender-crisp test. Fully cooked canned green beans are a different ingredient and do not require that raw-bean boiling stage. Use only a pot that sits stably on your approved cooking appliance.

Keep it well

Refrigerate beans within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Keep almonds separate if possible. Reheat beans to 165°F/74°C, then add nuts.