Rosemary infused green beans



(Serves 2 – 3)

- 250 g pack of green beans – topped and tailed
- 1 tbsp olive oil
- 1 small red onion – finely chopped
- 100 g chopped bacon (or cubed halloumi if you prefer)
- 2 cloves of garlic – peeled and finely chopped
- 1/2 tsp mild chilli flakes (optional)
- 3 young sprigs rosemary leaves – chopped
- 3 large tomatoes – cut into chunky pieces
- 1 tbsp red wine vinegar
- seasoning to taste

First blanch the beans in a pan of boiling salted water for just 3 minutes. Drain and put straight into a bowl of cold water to stop them cooking further and retain their bright green colour. When cool drain well in a sieve.

In a medium sized pan heat the oil and gently fry the bacon and onion until soft. If using halloumi add this when the onion is nearly done.

Add the garlic, chilli flakes and rosemary, stir to mix all the ingredients together then add the drained beans.

Cook stirring gently so that the beans don't break up for 3 minutes, then add the tomato pieces and cook for a further 3 minutes or until the tomatoes start to soften but still retain their shape.