

Air Fryer Green Beans

Ingredients

Spudshed Green Beans

Pendleton Olive Estate 100% Australian Extra Virgin Olive Oil

G-Fresh Garlic Salt

G-Fresh Crushed Chillies

G-Fresh Sesame Seeds

Fresh Garlic

Method

Step 1

Snap off the ends of the beans and then snap any of the very long beans in half.

Rinse them thoroughly in water.

Step 2

In a large pot, bring some water to a boil. Add in the green beans and cook them for 90 secs.

This blanching step ensures the beans end up beautifully soft & tender.

Step 3

In a large mixing bowl, toss the beans with some olive oil & garlic salt.

Step 4

Air fry the green beans at 180°C for 5-8 mins, until the beans are soft & lightly wrinkled.

Step 5

Garnish the green beans with chilli flakes, sesame seeds & the sautéed garlic.
Serve & enjoy!



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Pic for illustration purposes only. Recipe may vary in appearance to pic.