

# SPICY FENNEL BEANS

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

30g cold-pressed avocado oil (or other neutral flavoured cold-pressed oil)  
5 cloves garlic - roughly chopped  
5g whole fennel seeds  
2g hot pepper flakes  
3g salt  
400g green beans - trimmed

### Preparation:

Preheat your oven to 220C.

Place an oven-safe frying pan on high heat.

Add the oil, garlic, fennel seeds, and pepper flakes.

When the garlic begins to sizzle, add the beans and salt. Toss to coat with the oil.

Move the pan to the oven and roast for twenty minutes or until cooked to your liking.

Toss the beans again and serve immediately.

### Nutritional Information Per Serving:

Calories: 102 Fat: 8g Carbs: 8g Fibre: 4g Protein: 2g	<b>Hand-Size Portion Guide</b> Palms of Protein: 0 Fists of Vegetables: 1 Cupped Hands of Carbs: 0 Thumbs of fat: 0
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