



Runner beans

Categories: Dinner

Yield: 1

Ingredients

Amount	Ingredient	Preparation
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UL	Runner beans	sliced
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UL	water	
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0.25	1sp	salt
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Instructions

Have water about 1 cm deep in pan, add salt and sliced beans.

Bring to the boil, simmer for about 5 minutes. Check that the beans are just soft, slightly dull, tender but not crisp.
Drain.