



# GREEN BEANS WITH BACON- BALSAMIC VINAIGRETTE

SERVES: 8

---

TOTAL TIME: 15 MINUTES

---

## INGREDIENTS

- 1 kilogram **green beans**
- 2 **bacon slices**
- 55 grams minced **shallots**
- 3 tablespoons coarsely chopped **almonds**
- 2 tablespoons **brown sugar**
- 60 millilitres **white balsamic vinegar**

### MACROS PER PORTION

CALORIES	75	PROTEIN	3
CARBS	12	FATS	3
FIBRE	3		

## INSTRUCTIONS

Boil the beans for 2 minutes.

Rinse under cold water. Drain well and set aside.

Cook the bacon in a pan until crisp. Remove, crumble and set aside.

Sauté the shallots in the same pan for 1 minute, then add almonds and sauté for a further 1 minute.

Remove and allow to cool, add sugar and vinegar stir until the sugar dissolves then add the crumbled bacon.

Pour vinaigrette over beans, tossing gently to coat.

White balsamic vinegar, blends white grape must with white wine vinegar and is cooked at a low temperature to avoid darkening.