



## Pan-fried Corona Beans & Kale

**Recipe source:** [www.101cookbooks.com](http://www.101cookbooks.com)

**Season:** Spring

**Type:** main or side dish

**Difficulty:** Moderate

**Serves:** Serves 20 to taste

**Fresh from the garden:** Kale

<b>Equipment:</b>	<b>Ingredients:</b>
<ul style="list-style-type: none"><li>• Colander</li><li>• Knife</li><li>• Measuring spoons</li><li>• Serving bowl</li><li>• Garlic crusher</li><li>• Spoon</li></ul>	<ul style="list-style-type: none"><li>• 170 g kale, remove stems</li><li>• 2 tablespoons extra virgin olive oil</li><li>• 2 - 3 big handfuls of cooked large white beans</li><li>• 1/4 teaspoon fine grain sea salt</li><li>• 45 g pine nuts, lightly toasted</li><li>• 1 clove garlic, minced</li><li>• 1/8 teaspoon freshly grated nutmeg</li><li>• scant 1 tablespoon fresh lemon juice</li><li>• zest of 1 lemon</li><li>• 15 g freshly grated Parmesan cheese</li></ul>

### **What to do:**

1. Finely chop the kale, wash it, and shake off as much water as you can. Set aside.
2. Heat the olive oil over medium-high heat in the widest skillet you own. Add the beans in a single layer. Stir to coat the beans, then let them sit long enough to brown on one side, about 3 or 4 minutes, before turning to brown the other side, also about 3 or 4 minutes. The beans should be golden and a bit crunchy on the outside.
3. Add the kale and salt to the pan and cook for less than a minute, just long enough for the kale to lose a bit of its structure. Stir in the pine nuts and garlic, wait 10 seconds, then stir in the nutmeg. Wait ten seconds and stir in the lemon juice and zest. Remove from heat and serve dusted with Parmesan cheese.