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Cooking Demo

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SPECIALITY & FINE FOOD FAIR
9–10 SEPT 2025
OLYMPIA LONDON

09.09.2025

The Demo will start at 11.30am

Sautéed Green Beans with Garlic & Tomatoes (Loubieh b Zeit-style)

SERVES 4-6



This dish is simple, healthy, and packed with flavour — a Mediterranean/Lebanese-style green bean sauté that's perfect as a side or light meal.

INGREDIENTS:

- 500g green beans, trimmed and cut in half (you can also use frozen)
- 4 tbsp olive oil
- 6 cloves of garlic, minced or thinly sliced
- 400g canned chopped tomatoes
- salt to taste
- black pepper to taste
- optional: a pinch of chili flakes or a squeeze of lemon at the end

METHOD:

In a wide skillet, heat the olive oil over medium heat. Add garlic and sauté for about 30 seconds until fragrant (don't let it brown).

Add in the fresh or frozen trimmed green beans. Sauté for 3 minutes then stir in the chopped tomatoes.

Season with salt and pepper. Cover and cook for about 10–15 minutes, stirring occasionally, until beans are tender but not mushy. Taste and adjust salt/pepper. Add chili flakes or lemon juice if desired.

Serve warm, at room temperature, or even cold with crusty bread or rice.