

## Helda Beans with Citrus Butter

2 Servings



### Ingredients

- 300g helda beans, cut into 4cm pieces
- 25g butter
- ½ lime, zest and juice
- 1 tablespoon parsley, chopped

### Instructions

1. Cook the beans in boiling, salted water for 3-4 minutes until just tender and drain.
2. Melt the butter in a saucepan and add the lime zest and juice. Cook gently for 1-2 minutes.
3. Add the parsley and beans and season to taste.

Recipe from [thinkvegetables.co.uk](http://thinkvegetables.co.uk) brought to you by

