

## Green Beans with Olive Oil, Bacon Lardons & Parmesan

Yield: 6 servings

Total time: 20–25 minutes

### Ingredients

- Green beans (string beans) – 660 g, trimmed
- Olive oil – 4½ T (≈67 g)
- Bacon lardons or ham pieces – 120 g (smoked or lightly cured preferred)
- Garlic – 3 cloves (15 g), thinly sliced
- Sliced almonds – 4½ T (≈36 g)
- Grated Parmesan (Parmigiano-Reggiano) – 45 g (about 9 T)
- Lemon zest – 1½ tsp (optional, for brightness)
- Salt + MSG blend – ¾ tsp (≈4.5 g)
- Freshly ground black pepper – to taste



### Instructions

1. **Blanch the green beans:**
  - Bring a large pot of **salted water** to a boil.
  - Add the beans and cook for 3–4 minutes until crisp-tender and bright green.
  - Drain immediately and plunge into cold water to stop cooking. Drain again and pat dry.
2. **Cook the bacon:**
  - In a wide skillet over **medium heat**, cook the **lardons** or **ham** pieces until lightly crisp and fat renders (**about 4–5 minutes**). Spoon off excess fat, leaving about 2 T in the pan.
3. **Toast almonds:**
  - Push the bacon to one side and add sliced **almonds**.
  - Stir until lightly golden, **about 2 minutes**, then mix together.
4. **Add aromatics & beans:**
  - Add **olive oil** and sliced **garlic**; cook for **30 seconds** until fragrant (don't brown garlic).
  - Add **green beans** and toss to coat evenly. Sauté for **3–4 minutes**.
5. **Finish & serve:**
  - Season with the **salt–MSG blend** and **black pepper**.
  - Remove from heat and toss in **Parmesan** and **lemon zest** (if using). Serve warm.

### Notes

- Make-ahead: Blanch and chill beans **up to 4 hours before final cooking**.
- Optional touch: Add a drizzle of good olive oil or squeeze of lemon before serving.
- Flavor tie-in: Add chopped **parsley** or **thyme** to match the tomato-olive pork shoulder.

### Nutrition (per serving)

Kcal: 240 | Protein: 9 g | Fat: 20 g | Sat Fat: 5 g | Carbs: 7 g | Fiber: 3 g | Sugars: 3 g | Sodium: 400 mg | Omega-3: 0.1 g