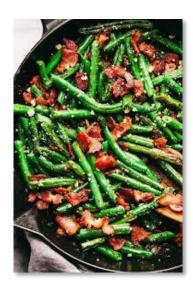
Green Beans with Olive Oil, Bacon Lardons & Parmesan

Yield: 6 servings

Total time: 20-25 minutes

Ingredients

- Green beans (string beans) 660 g, trimmed
- Olive oil $-4\frac{1}{2}$ T (\approx 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