



6

SERVES/MAKES



COOKING TIME:  
< 45 min



COOKING STYLE:  
Oven

## LANCEWOOD® CRISPY ONION & GREEN BEAN BAKE

### INGREDIENTS:

#### Green beans:

- 600 g green beans, trimmed
- 30 ml butter
- 1 onion, chopped
- 1 clove garlic, crushed
- 2 x 250 ml **LANCEWOOD Sauce Delight™ Mushroom Sauce**
- 250 ml milk
- Salt & freshly ground black pepper to taste

#### French fried onions:

- 2 onions, thinly sliced
- 500 ml **LANCEWOOD® Buttermilk**
- Sunflower oil for frying
- 750 ml cake flour
- Salt & freshly ground black pepper to taste

### METHOD:

#### Green beans:

Preheat the oven to 180°C. Bring a large pot of salted water to the boil. Add the green beans and cook for 3 – 4 minutes. Refresh under cold running water and set aside.

Heat the butter and fry the onion and garlic until soft and golden. Add the mushroom sauce and milk and mix through. Add the green beans and mix until well coated.

Transfer to a 24 cm x 30 cm baking dish and bake for 30 minutes.

#### French fried onions:

Place the onions in a bowl and pour the buttermilk over. Toss to coat. Using a frying pan, heat the oil to medium heat.

Mix the flour and seasoning together on a plate. Take a few onion rings at a time and toss in the flour to coat them evenly.

Fry until golden by turning the onion a few times using a large fork. Remove from the oil with a slotted spoon and place on absorbent paper. Set aside.

Once the green beans come out of the oven, top with the French fried onions and serve immediately.

**PRODUCTS USED:**

NEW



Buttermilk



Mushroom Sauce

**ENJOY!**