

# Fasolakia (Greek Bean Stew) (4 people)



## Ingredients

- oil, for frying
- 4 large cloves garlic, crushed
- 6 - 8 spring onions, chopped
- 2 tsp ground cumin
- 1 large cinnamon stick or two small ones
- 2 cans chopped tomatoes
- 2 packs of green (French) beans
- 1 pack feta cheese, crumbled
- a few sprigs flat-leaf parsley, chopped

## To serve

Crusty Bread

## Method

1. Heat a splash of oil in a heavy-based pan with a lid and gently fry the spring onions for 1 – 2 minutes. Add the garlic and cumin and continue for another minute.
2. Add the cinnamon stick, chopped tomatoes, green beans and some salt and pepper. Push the beans down and add just enough water to cover them. Bring to simmer, put the lid on and cook for 30 – 40 minutes
3. Scatter over the crumbled feta and flat-leaf parsley. Serve with crusty bread.

