

Fried Butter Beans

1 can of butter beans, drained and rinsed under cold water

2 garlic cloves, crushed

2 handfuls of kale leaves, roughly chopped

Olive oil

1 tsp Cumin

Lemon to serve

Take a pan and give a good drizzle of olive oil, turn on to medium heat.

Once oil is starting to heat up add your butter beans and garlic, give a good stir so all the beans have a nice coating of oil and garlic on them.

As they begin to go a little more golden add in your kale leaves and cumin. You may want to add a little more oil at this stage to help crisp up the beans and greens.

Stirring every now and then so they don't stick to the bottom of your pan, it will be ready when the leaves are crisp and the beans have a lovely golden, toasted exterior. Squeeze a lemon cheek over the top when done.

Serve immediately with some butter toast, hot sauce, an egg or a bit of sharp cheddar cheese.

Season with salt and pepper if you like

