



Blistered Green Beans with Garlic

Ingredients

1/3 cup olive oil

1 lb. green beans, trimmed and patted very dry

salt

6 garlic cloves, thinly sliced

1 tablespoon drained capers, chopped

1 teaspoon crushed red pepper flakes

Instructions

- Heat oil in a large skillet over high heat. Cook beans, covering skillet if beans are spattering, until browned underneath, about 3 minutes. Resist the urge to turn them until then.
- Using tongs, carefully turn beans over and redistribute so they brown evenly, but don't toss them as the hot oil can easily slosh out of the skillet.
- Continue to cook, turning occasionally, until browned all over and tender, about 5 minutes.
- Season with salt.
- Add garlic, capers, and pepper flakes.
- Cook, turning occasionally, until garlic turns golden, about 30 seconds - 1 minute.
- Transfer to platter. Spoon garlic mixture with some oil over the beans; taste for salt.

ADAPTED FROM: BON APPETIT