



Riverland Family Farms

2022 CSA, Week 9



- Red Spring Onion *each*
- Red Leaf Lettuce *head*
- Romano Beans *1 lb*
- Scallions *bunch*
- Thai Basil *bunch*

WHATS IN THE BOX?

- Shishito Pepper *pint*
- Grape Mix Tomatoes *pint*
- Zucchini *2-3 each*
- Strawberry *pint*



Braised Romano Beans with Tomato

Serves 2-4

- ◇ 2 tablespoon oil
- ◇ 1 onion, peeled and sliced
- ◇ 4 cloves garlic, peeled and sliced
- ◇ 5 fresh tomatoes, roughly chopped
- ◇ 2 tablespoons tomato paste
- ◇ 3 tablespoons water
- ◇ 275g Romano beans, cut in half
- ◇ Salt and pepper
- ◇ 3 tablespoon fish sauce
- ◇ 2 tablespoon chilli oil



Source: www.notquitenigella.com

Heat the oil in a frypan and fry onion for about 3-4 minutes until translucent.

Add the garlic and fry for another minutes

Add tomatoes, tomato paste and water and stir to mix.

Place a lid on the pan and simmer on low to medium heat for about 10 minutes

Stir the mixture and add the Romano beans. Place the lid on frypan and simmer the mixture for another 30 minutes. This may sound like a long time but beans need to get soft and it takes about that much time.

Season with fish sauce, salt, and pepper. Add chilli oil and stir. Serve warm