Delicious Summer Recipes

Quality you can see

Welcome to summer. Inside this booklet you'll find a delicious collection of recipes that are perfect for the season. Enjoy!

Summer Recipes

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Green Bean Nibbles & Mushrooms with Barley Risotto

Ingredients

- 4 Big Green Beans Nibbles Sliced 50 g
- 1 Big Mushrooms Nibbles Sliced 50 g
- 1 Big Onion Nibbles Sliced 50 g
- 1 Big Garlic Nibbles Sliced 50 g
- 1 Big Green Vegetable Nibbles 50 g
- 1 Big Pearl Barley Nibbles 50 g
- 1 Big Vegetable Stock Nibbles 50 g
- 1 Big Parmesan Nibbles 50 g
- 1 Big Olive Oil Nibbles 50 g
- 1 Big Salt Nibbles 50 g
- 1 Big Pepper Nibbles 50 g

Method

Heat a large pan with a lid and add the olive oil. Add the onion and cook for 5 minutes until softened. Add the garlic and cook for 1 minute more. Add the mushrooms and cook for 5 minutes until they start to release their moisture and soften. Add the pearl barley and stir to coat in the mushroom mixture. Add the vegetable stock and bring to the boil. Reduce the heat and simmer for 30 minutes, stirring occasionally, until the barley is tender and the risotto is creamy.

Add the green beans and cook for 5 minutes more. Season with salt and pepper to taste. Stir in the parmesan cheese and serve immediately.

Green Bean Nibbles Stir Fry

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Pinch Salt To taste
- 1 Big Garlic Nibbles 2 cloves
- 1 Big Ginger Nibbles 1 inch piece
- 1 Big Soy Sauce Nibbles 2 tbsp
- 1 Big Sesame Oil Nibbles 1 tbsp
- 1 Big Red Chilli Nibbles 1
- 1 Big Rice Nibbles 200 g
- 1 Big Spring Onions Nibbles 4

Method

Bring a large pot of salted water to the boil. Add the green beans and cook for 3-4 minutes until tender-crisp. Drain and set aside.

Heat a wok or large frying pan over high heat. Add the sesame oil, garlic, ginger, and chilli and stir-fry for 1 minute until fragrant.

Add the green beans and soy sauce and stir-fry for 2-3 minutes more.

Serve the stir-fry over the rice and garnish with the spring onions.

Enjoy!

Green Bean Nibbles Risotto

Ingredients

- 1 Big Green Beans Nibbles 200 g
- 1 Pinch Salt To taste
- 1 Big Onion Nibbles 1
- 1 Big Garlic Nibbles 2 cloves
- 1 Big Rice Nibbles 200 g
- 1 Big Vegetable Stock Nibbles 1 litre
- 1 Big Parmesan Nibbles 50 g
- 1 Big Olive Oil Nibbles 2 tbsp
- 1 Big Pepper Nibbles To taste

Method

Heat the olive oil in a large pan over medium heat. Add the onion and garlic and cook until softened, about 5 minutes.

Add the rice and stir to coat in the oil. Cook for 1 minute more.

Add the vegetable stock, one ladle at a time, stirring constantly and waiting for the liquid to be absorbed before adding more.

Once the rice is almost cooked, stir in the green beans and cook for 2-3 minutes more.

Remove from the heat and stir in the parmesan cheese. Season with salt and pepper to taste.

Serve immediately with extra parmesan cheese on top.

Green Bean Nibbles Salad

Ingredients

- 1 Big Green Beans Nibbles 200 g
- 1 Pinch Salt To taste
- 1 Big Olive Oil Nibbles 2 tbsp
- 1 Big Lemon Nibbles 1
- 1 Big Garlic Nibbles 1 clove
- 1 Big Parmesan Nibbles 50 g
- 1 Big Pepper Nibbles To taste

Method

Bring a large pot of salted water to the boil. Add the green beans and cook for 3-4 minutes until tender-crisp. Drain and rinse under cold water to stop the cooking process.

In a small bowl, whisk together the olive oil, lemon juice, garlic, salt, and pepper.

Arrange the green beans on a serving platter. Drizzle with the dressing and toss to coat.

Sprinkle with the parmesan cheese and serve.

Green Bean Nibbles Casserole

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Big Onion Nibbles 1
- 1 Big Garlic Nibbles 2 cloves
- 1 Big Mushrooms Nibbles 200 g
- 1 Big Cream of Mushroom Soup Nibbles 1 can
- 1 Big Milk Nibbles 1/2 cup
- 1 Big Soy Sauce Nibbles 1 tbsp
- 1 Big Salt Nibbles To taste
- 1 Big Pepper Nibbles To taste
- 1 Big French Fried Onions Nibbles 1 can

Method

Preheat the oven to 350°F (175°C).

In a large bowl, combine the green beans, onion, garlic, mushrooms, cream of mushroom soup, milk, soy sauce, salt, and pepper.

Pour the mixture into a 9x13 inch baking dish.

Bake for 30 minutes, or until the green beans are tender.

Sprinkle the French fried onions over the casserole and bake for 5 minutes more, or until the onions are golden brown.

Serve hot.

Green Bean Nibbles Soup

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Pinch Salt To taste
- 1 Big Onion Nibbles 1
- 1 Big Garlic Nibbles 2 cloves
- 1 Big Vegetable Stock Nibbles 1 litre
- 1 Big Potatoes Nibbles 2
- 1 Big Olive Oil Nibbles 2 tbsp
- 1 Big Pepper Nibbles To taste

Method

Heat the olive oil in a large pot over medium heat. Add the onion and garlic and cook until softened, about 5 minutes.

Add the green beans, potatoes, vegetable stock, salt, and pepper. Bring to the boil.

Reduce the heat and simmer for 20 minutes, or until the green beans and potatoes are tender.

Use an immersion blender to puree the soup until smooth.

Serve hot.

Green Bean Nibbles Casserole

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Big Cream of Mushroom Soup Nibbles 1 can
- 1 Big Milk Nibbles 1/2 cup
- 1 Big Soy Sauce Nibbles 1 tbsp
- 1 Big French Fried Onions Nibbles 1 can
- 1 Big Salt Nibbles To taste
- 1 Big Pepper Nibbles To taste

Method

Preheat the oven to 350°F (175°C).

In a large bowl, combine the green beans, cream of mushroom soup, milk, soy sauce, salt, and pepper.

Pour the mixture into a 9x13 inch baking dish.

Bake for 30 minutes, or until the green beans are tender.

Sprinkle the French fried onions over the casserole and bake for 5 minutes more, or until the onions are golden brown.

Serve hot.

Green Bean Nibbles Stir Fry with Tofu

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Big Tofu Nibbles 200 g
- 1 Big Soy Sauce Nibbles 2 tbsp
- 1 Big Sesame Oil Nibbles 1 tbsp
- 1 Big Garlic Nibbles 2 cloves
- 1 Big Ginger Nibbles 1 inch piece
- 1 Big Red Chilli Nibbles 1
- 1 Big Rice Nibbles 200 g
- 1 Big Spring Onions Nibbles 4

Method

Bring a large pot of salted water to the boil. Add the green beans and cook for 3-4 minutes until tender-crisp. Drain and set aside.

Heat a wok or large frying pan over high heat. Add the sesame oil, garlic, ginger, and chilli and stir-fry for 1 minute until fragrant.

Add the tofu and stir-fry for 2-3 minutes until golden brown.

Add the green beans and soy sauce and stir-fry for 2-3 minutes more.

Serve the stir-fry over the rice and garnish with the spring onions.

Enjoy!

Green Bean Nibbles Soup

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Big Onion Nibbles 1
- 1 Big Garlic Nibbles 2 cloves
- 1 Big Vegetable Stock Nibbles 1 litre
- 1 Big Potatoes Nibbles 2
- 1 Big Olive Oil Nibbles 2 tbsp
- 1 Big Pepper Nibbles To taste

Method

Heat the olive oil in a large pot over medium heat. Add the onion and garlic and cook until softened, about 5 minutes.

Add the green beans, potatoes, vegetable stock, salt, and pepper. Bring to the boil.

Reduce the heat and simmer for 20 minutes, or until the green beans and potatoes are tender.

Use an immersion blender to puree the soup until smooth.

Serve hot.

Green Bean Nibbles Stir Fry with Tofu

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Big Tofu Nibbles 200 g
- 1 Big Soy Sauce Nibbles 2 tbsp
- 1 Big Sesame Oil Nibbles 1 tbsp
- 1 Big Garlic Nibbles 2 cloves
- 1 Big Ginger Nibbles 1 inch piece
- 1 Big Red Chilli Nibbles 1
- 1 Big Rice Nibbles 200 g
- 1 Big Spring Onions Nibbles 4

Method

Bring a large pot of salted water to the boil. Add the green beans and cook for 3-4 minutes until tender-crisp. Drain and set aside.

Heat a wok or large frying pan over high heat. Add the sesame oil, garlic, ginger, and chilli and stir-fry for 1 minute until fragrant.

Add the tofu and stir-fry for 2-3 minutes until golden brown.

Add the green beans and soy sauce and stir-fry for 2-3 minutes more.

Serve the stir-fry over the rice and garnish with the spring onions.

Enjoy!

Green Bean Nibbles Stir Fry

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Big Tofu Nibbles 200 g
- 1 Big Soy Sauce Nibbles 2 tbsp
- 1 Big Sesame Oil Nibbles 1 tbsp
- 1 Big Garlic Nibbles 2 cloves
- 1 Big Ginger Nibbles 1 inch piece
- 1 Big Red Chilli Nibbles 1
- 1 Big Rice Nibbles 200 g
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Heat a wok or large frying pan over high heat. Add the sesame oil, garlic, ginger, and chilli and stir-fry for 1 minute until fragrant.

Add the tofu and stir-fry for 2-3 minutes until golden brown.

Add the green beans and soy sauce and stir-fry for 2-3 minutes more.

Serve the stir-fry over the rice and garnish with the spring onions.

Enjoy!

Green Bean Nibbles Soup

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Big Onion Nibbles 1
- 1 Big Garlic Nibbles 2 cloves
- 1 Big Vegetable Stock Nibbles 1 litre
- 1 Big Potatoes Nibbles 2
- 1 Big Olive Oil Nibbles 2 tbsp
- 1 Big Pepper Nibbles To taste

Method

Heat the olive oil in a large pot over medium heat. Add the onion and garlic and cook until softened, about 5 minutes.

Add the green beans, potatoes, vegetable stock, salt, and pepper. Bring to the boil.

Reduce the heat and simmer for 20 minutes, or until the green beans and potatoes are tender.

Use an immersion blender to puree the soup until smooth.

Serve hot.

Green Bean Nibbles Casserole

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Big Cream of Mushroom Soup Nibbles 1 can
- 1 Big Milk Nibbles 1/2 cup
- 1 Big Soy Sauce Nibbles 1 tbsp
- 1 Big French Fried Onions Nibbles 1 can
- 1 Big Salt Nibbles To taste
- 1 Big Pepper Nibbles To taste

Method

Preheat the oven to 350°F (175°C).

In a large bowl, combine the green beans, cream of mushroom soup, milk, soy sauce, salt, and pepper.

Pour the mixture into a 9x13 inch baking dish.

Bake for 30 minutes, or until the green beans are tender.

Sprinkle the French fried onions over the casserole and bake for 5 minutes more, or until the onions are golden brown.

Serve hot.

Green Bean Nibbles Stir Fry with Tofu

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Big Tofu Nibbles 200 g
- 1 Big Soy Sauce Nibbles 2 tbsp
- 1 Big Sesame Oil Nibbles 1 tbsp
- 1 Big Garlic Nibbles 2 cloves
- 1 Big Ginger Nibbles 1 inch piece
- 1 Big Red Chilli Nibbles 1
- 1 Big Rice Nibbles 200 g
- 1 Big Spring Onions Nibbles 4

Method

Bring a large pot of salted water to the boil. Add the green beans and cook for 3-4 minutes until tender-crisp. Drain and set aside.

Heat a wok or large frying pan over high heat. Add the sesame oil, garlic, ginger, and chilli and stir-fry for 1 minute until fragrant.

Add the tofu and stir-fry for 2-3 minutes until golden brown.

Add the green beans and soy sauce and stir-fry for 2-3 minutes more.

Serve the stir-fry over the rice and garnish with the spring onions.

Enjoy!

Green Bean Nibbles Soup

Ingredients

- 1 Big Green Beans Nibbles 400 g
- 1 Big Onion Nibbles 1
- 1 Big Garlic Nibbles 2 cloves
- 1 Big Vegetable Stock Nibbles 1 litre
- 1 Big Potatoes Nibbles 2
- 1 Big Olive Oil Nibbles 2 tbsp
- 1 Big Pepper Nibbles To taste

Method

Heat the olive oil in a large pot over medium heat. Add the onion and garlic and cook until softened, about 5 minutes.

Add the green beans, potatoes, vegetable stock, salt, and pepper. Bring to the boil.

Reduce the heat and simmer for 20 minutes, or until the green beans and potatoes are tender.

Use an immersion blender to puree the soup until smooth.

Serve hot.