

LEEKS, GREEN BEANS & PINE NUTS WITH ORANGE

Serves 8

½ cup white wine
2 tbsp olive oil
5 cups leeks, well washed
3 cups portabella mushrooms, sliced
2 cups green beans, topped, tailed and halved
1 orange, sliced and seeded
zest of ½ orange
salt and pepper
½ cup pine nuts
1 red pepper, sliced

Remove green leaves of leeks and the roots. Slit leeks in half, longways and wash very well. Slice leeks into about 2 inch lengths so that they are about the same size as the green beans, mushrooms and peppers

In a large skillet, heat wine and oil over medium-high heat. Add leeks and cook stirring frequently until they are wilted.

Meanwhile toast the pine nuts.

Add the mushrooms and beans to the skillet. Saute until the mushrooms are soft and the beans a bit crunchy. Add orange slices, orange zest and pine nuts.