

Green Bean Timbale

Oven: 170 c gas mark 3.

Ingredients:

Green beans
Chopped onion
Salt and pepper to taste
Grated cheese for a topping
50g flour
50g butter
500ml milk
2 beaten eggs



Method:

1. Boil the green beans for 10 minutes then place in a buttered dish.
2. Melt the butter and gently fry the onions until they are transparent.
3. Remove from heat and stir the flour then gradually pour in the milk, stirring constantly.
4. Return to the heat and bring to the boil still stirring. Reduce the heat and simmer for 5 minutes, stirring occasionally.
5. Add salt and pepper to taste.
6. Add the beaten eggs then pour the mixture over the beans.
7. Scatter grated cheese on top.
8. Bake for 30 minutes at 170 c gas mark 3.