

SPECIALITY VEGETABLES

Flat coco bean

The broad, tender flat bean, with a melting texture once cooked.

The flat coco bean, also called flat bean, has a broad, pale green pod, flat and fleshy. Harvested young, it stays tender and stringless. When cooked, it becomes melting while keeping a slight bite. It is cut on the diagonal or into diamonds and suits Mediterranean cuisine as well as a classic garnish.

FLAVOUR

mild, vegetal, melting texture

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
Availability						●						

Indicative calendar based on our sales. Our sales team will confirm current availability.

Pack sizes

- **Loose 5 kg**
- **Loose**

In the kitchen

- Cut on the bias and sautéed in olive oil
- Simmered with tomato and garlic
- As a garnish for lamb or poultry

Orders and prices

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