Here’s what you’ll do:

1. Heat oil in a frying pan and sauté onion until soft and lightly browned.
2. In a large pot, bring the water to a boil. Add cut green beans and continue to boil for 4 to 5 minutes. Once tender, drain the green beans into a colander, reserving ½ cup of the cooking water for later use.
3. Grind the sunflower seeds in a food processor or blender. Add green beans, salt, chopped scallions and the reserved ½ cup of cooking water and continue to blend until creamy.
4. Serve pâté with bread or crackers.