

GREEN BEAN SALAD

120 g green beans, finely sliced

2 zucchini

1 lemon, zest and juice

1 bunch mint

4 boiled eggs

Large handful of rocket

250g risoni

Bean shoots or pumpkin seeds to garnish

DRESSING

30 ml olive oil

15 ml vinegar

1 teaspoon mustard

Salt and pepper

METHOD

- 1- Blanch the sliced green beans in boiling water for 1 minute then refresh under cold water.
- 2- Boil the eggs. When cool, peel and slice. Cook risoni until al dente.
- 3- Place zucchini in the vegetable spiral cutter to make zucchini spaghetti.
- 4- Juice and zest the lemon and chop the mint leaves.
- 5- Make the dressing by whisking together the oil, vinegar, mustard, salt and pepper. Taste and adjust seasoning.
- 6- In a serving bowl place the beans, risoni, zucchini, eggs, mint, rocket, lemon juice and zest.
- 7- Pour over dressing and stir gently. Garnish with the bean shoots or toasted pumpkin seeds.