Broad bean and Miso Salad

INGREDIENTS

150g (?1 cup) peas shelled/ frozen peas

150g (?1 cup) green beans, sliced in 4 cm lengths

1kg broad beans, shelled

3 spring onions, cut 2cm long

¼ cup chopped parsley

**miso dressing**

1.5 Tbsp miso paste

2 Tbsp sesame oil

1 Tbsp Dijon mustard

1 Tbsp apple cider vinegar

1 tsp Sea salt

* Heat a pot of boiling water. Meanwhile prepare the vegetables and wash the parsley.
* Blanch vegetables for 30 seconds. Have ready a bowl of very cold water to put blanched veggies in, it will help to stop them cooking. Do this process with until all the green veg has been blanched.
* In a bowl combine the dressing ingredients and stir until mixed evenly.
* Spread the dressing over the base of the serving dish. Combine the green veggies in a bowl and dress with olive oil and a pinch of salt. Place on top of the dressing, scatter evenly so each piece gets a little dressing.
* Top with the parsely.