

Green Salad with Toasted Sunflower Seeds & Feta

Author: [Cookie and Kate](#) Prep Time: 15 mins Cook Time: 20 mins

Total Time: 35 minutes Yield: 4 servings

Ingredients

- $\frac{1}{3}$ cup sunflower seeds
- 1 small lettuce, leaves picked and washed/spun dry
- 1 piece celery, trimmed and cut into thin slices on the angle
- $\frac{1}{2}$ teaspoon fine sea salt, divided
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice (about $\frac{1}{2}$ lemon)
- 2 teaspoons Dijon mustard
- 1 small clove garlic
- Several twists of freshly ground black pepper
- Pinch of red chilli flakes
- $\frac{1}{4}$ cup crumbled feta cheese
- 8-10 large red vein sorrel leaves, torn or chopped, for garnish
- Lemon zest from about $\frac{1}{2}$ lemon, for garnish

Green beans are a good addition to this salad, cook as per directions if they're available.

Instructions

1. Start with a large frying pan over medium heat. Add the seeds and cook, stirring frequently (careful, they start to colour quickly). After 3 minutes, reduce the heat to medium-low, and continue stirring until they are fragrant and turning golden on the edges, about 1 to 3 more minutes. Transfer to a bowl to cool. Wash the lettuce and spin the leaves in the salad spinner.
2. * if using green beans; Make sure the heat is set to medium-low and place the fry pan back on the heat. Immediately add the cut green beans, water and $\frac{1}{4}$ teaspoon salt. Cover and cook, stirring occasionally, until the beans are nearly tender, about 7 to 10 minutes.
3. **Meanwhile, whisk together the olive oil, lemon juice, mustard, garlic, black pepper, red chilli flakes and remaining $\frac{1}{4}$ teaspoon salt. Set aside.**
4. Once the green beans are done cooking, whisk the olive oil mixture once more, then pour it into a large mixing bowl. Pour the seeds in and add about half of the feta, reserving the other half for garnish. Toss to combine, then taste and add more lemon juice or black pepper if necessary.
5. Transfer the green salad to a serving bowl or platter. Sprinkle the remaining feta and the torn leaves on top. Lightly grate some lemon zest on top, and serve promptly. Add beans if using.

Find it online: <https://cookieandkate.com/green-bean-salad-recipe/>