

GREEN BEAN SALAD

450 grams green beans, trimmed at the ends and sliced diagonally

1 ripe avocado

2 tablespoons finely chopped red onion

1 quarter of preserved lemon

¼ cup packed mint leaves

DRESSING:

¼ cup olive oil

2 tablespoons white wine vinegar

1 teaspoon honey

1 clove garlic, crushed

¼ teaspoon each ground cumin and paprika

sea salt and pepper



Soak red onion in cold water for around 10 minutes. Steam the green beans for about 3-5 minutes. Rinse in cold water immediately.

Add both to a bowl with chopped avocado, chopped preserved lemon (discard flesh) and finely chopped mint.

DRESSING:

Put all ingredients into a jar and shake well. Add to salad (you may not want to use all the dressing) and mix through the vegetables gently.

Note: You can add a cup of cooked and cooled edamame beans to bulk this salad out.

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