



Green Bean & Tomato Salad

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: basil, cherry tomatoes, green beans, mint, spring onions

Equipment:

metric measuring scales
and spoons
clean tea towel
chopping board
cook's knife
large pot
colander
small bowl
whisk
large mixing bowl
tongs
serving bowls or platters

Ingredients:

1 kg green beans, top and tailed
2 tbsp extra-virgin olive oil
1 tbsp white-wine vinegar
1 tsp Dijon mustard
1 tsp sugar
30 cherry tomatoes, halved or quartered
8 spring onions, trimmed and sliced
1 handful of basil, roughly torn
1 handful of mint, roughly torn
salt, to taste
pepper, to taste

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Cook beans in a large pot of boiling salted water until tender but still crisp, about 3 minutes.
3. Drain in a colander.
4. Whisk oil with vinegar, sugar and mustard; season with salt and pepper.
5. Toss beans with vinaigrette, tomatoes, spring onions and chopped herbs in a large bowl.
6. Taste to check for seasoning.
7. Place in serving bowls to share.

