

# WARM TOASTED SPICE, LEMON AND GREEN BEAN SALAD

## EQUIPMENT

MIXING BOWLS, MORTAR AND PESTLE, SOLID AND PERFORATED TRAY, CHEF KNIFE

## INGREDIENTS

300GM GREEN BEANS, 2 RED CAPSICUM, 2 WHOLE CLOVES GARLIC, 3GM CORIANDER SEEDS, 1GM CUMIN SEEDS,  
½ PRESERVED LEMON, 2 SPRING ONIONS, 20 PARSLEY LEAVES, SEA SALT, CRACKED BLACK PEPPER,  
LEMON INFUSED EXTRA VIRGIN OLIVE OIL

## METHOD

PRE-HEAT THE OVEN TO 200 DEGREES COMBI MODE AND PLACE THE SPICES ON A SMALL SOLID BAKING TRAY AND TOAST IN THE OVEN FOR 3-4 MINS UNTIL FRAGRANT

ONCE TOASTED REMOVE FROM THE OVEN AND POUR THE SPICES INTO THE BOWL OF A MORTAR AND PESTLE AND CRUSH WITH SOME SALT AND BLACK PEPPER

ADD THE CAPSICUM AND UN-PEELED GARLIC CLOVES TO THE SAME TRAY, DRIZZLE OVER SOME LEMON INFUSED EVOO A LITTLE SALT AND PLACE IN THE OVEN FOR 5-6 MINS UNTIL THE CAPSICUM SKIN BEGINS TO BLISTER, TURN OVER AND COOK FOR ANOTHER 4-5 MINS UNTIL THE CAPSICUM BEGINS TO COLOUR AND THE SKIN IS BLISTERED ON ALL SIDES AND THE GARLIC IS TOASTED

REMOVE THE CAPSICUM AND PLACE INTO A MIXING BOWL AND COVER WITH CLING FILM UNTIL COOL ENOUGH TO HANDLE

PEEL THE SKIN FROM THE ROASTED GARLIC AND ADD TO THE SPICE MIX AND CRUSH WITH THE SPICES, TO FINISH THE SPICE DRESSING ADD APPROX 80GM OF LEMON INFUSED EVOO TO SPICES AND MIX IN WELL

FINELY SLICE THE SPRING ONIONS AND PLACE IN A LARGE MIXING BOWL, REMOVE THE PITH AND FLESH FROM THE PRESERVED LEMON RINSE AND JULIENNE AND ADD TO THE SPRING ONIONS ALONG WITH PICKED PARSLEY LEAVES

SET THE OVEN TO 100 DEGREES STEAM SETTING AND ONCE HOT PLACE THE BEANS ON A PERFORATED TRAY AND STEAM FOR 6 MINS

REMOVE THE SKIN AND SEEDS FROM THE ROASTED CAPSICUM AND SLICE INTO STRIPS, ADD TO THE MIXING BOWL WITH THE OTHER SALAD INGREDIENTS

ONCE THE BEANS HAVE COOKED ADD TO THE MIXING BOWL AND DRESS WITH THE SPICE DRESSING, TOSS THE SALAD WELL AND ADD A LITTLE EXTRA SALT IF NECESSARY

PLACE THE SALAD IN A LARGE SERVING BOWL AND SPOON OVER A LITTLE EXTRA DRESSING AND SERVE

## HINTS & TIPS

- THE COLOUR OF THIS WARM SALAD MAKES IT AN IDEAL ACCOMPANIMENT TO YOUR CHRISTMAS LUNCH
- IF YOU CAN FIND BUTTER BEANS (YELLOW BEANS) USE A COMBINATION OF GREEN AND YELLOW FOR EVEN MORE COLOUR
- EAT BEANS OFTEN THEY ARE VERY GOOD FOR YOU THEY ARE FILLED WITH MINERALS AND VITAMINS AND ARE VERY LOW G.I