

Fresh Bean & Pesto Salad

Equipment:

Micro blender or food processor
Measuring cups and spoons
Sharp knife
Chopping board
Colander
Large saucepan & lid
Baking tray

Ingredients:

Pesto:

¼ cup pine nuts
1 ½ cup fresh basil leaves
2 small garlic cloves
¾ cup shredded parmesan
5 tablespoons olive oil

Beans

1 punnet green beans
1 punnet yellow beans

What to do:

Make the pesto first.

- Preheat the oven to 180°. Spread the pine nuts over a baking tray. Bake in oven for 5 minutes or until toasted. Remove from oven and allow to cool while you prepare the other ingredients.
- Wash and pat dry the basil leaves. Peel and roughly chop the garlic.
- Grate the Parmesan cheese into fine shreds.
- Add all ingredients EXCEPT OIL to the blender bowl and process until finely chopped.
- With the motor running, gradually add the oil in a thin, steady stream until well combined.
- Transfer pesto to an airtight storage container for later use.

Cook the beans.

- Wash and drain the beans using a colander. Trim the stalk end from the beans using a sharp knife.
- Half fill a saucepan with water and bring to the boil with the lid on.
- When the water is just boiling, remove the lid (be careful of steam escaping) and gently submerge the beans.
- Cook for 2-3 minutes until the beans become bright green/yellow. Then remove the pan from the heat and tip the beans and boiling water into a colander standing in the sink. Be careful of steam and hot water splashing.
- Rinse the beans in the colander with cold water to stop them cooking further.
- Transfer beans to a large serving bowl and add 2-3 tablespoons of pesto. Lift and toss the beans until they are coated with the pesto dressing. You may need to add a little more olive oil to loosen the pesto and make it easier. Season with salt to taste.