



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

**GREEN BEAN SALAD** *adapted from Yotam Ottolenghi's Plenty*  
Serves 4

1 cup fresh green peas  
3 large handfuls young green string beans, trimmed  
½ small red onion, thinly sliced  
1 teaspoon mustard seeds  
3 tablespoons extra virgin olive oil  
1 mild fresh red chilli, seeded and finely sliced  
1 garlic clove, crushed  
grated zest of 1 lemon  
2 tablespoons fresh tarragon leaves, chopped  
2 large handfuls baby beet greens

**THE STEPS:**

- Fill a medium saucepan with cold water and bring to the boil.
- Fill a large bowl with ice water - set aside.
- Blanch the French beans for 3 minutes
- Transfer the beans immediately to the iced water to stop the cooking process. Drain and pat dry.
- Using the same boiling water blanch the fresh peas for 4 minutes.
- Transfer the peas, immediately, to the iced water to stop the cooking process.
- Drain peas and dry.
- Toss the beans, peas, beet greens and red onion in a large mixing bowl.
- Place the mustard seeds and olive oil in a small saucepan over medium-high heat. When the seeds begin to pop, pour the contents of the pan over the vegetables.
- Toss well then place in a serving dish.
- Sprinkle the top of the salad with chopped chilli, garlic, lemon zest and tarragon. Season with coarse sea salt to taste.

**THE LOVE:** Be sure to 'pop' the mustard seeds. It completely blasts the flavour!