

Bean Salad

Ingredients:

1. 200g snap peas deveined
2. 200g asparagus ends snapped off
3. 200g baby corn
4. 200g cherry tomatoes
5. 200g green beans
6. 3 tablespoons olive oil
7. 1 head roasted garlic
8. Salt and pepper to taste
9. A drizzle of balsamic vinegar

Dressing

1. 5 tablespoon of olive oil
2. 2 tablespoon orange juice
3. 1 tablespoon lemon juice
4. 1 heaping tablespoon whole seed Dijon mustard
5. Salt and pepper to taste

Directions:

Preparation:

1. Place garlic in aluminum foil in 350° oven for 20 minutes or until soft and cooked through.

Salad:

2. Bring a pot of salted water to a boil.
3. Prepare a large bowl of ice water.
4. Blanch green beans and snap peas for approximately 1 minute until their color slightly changes.
5. Drain beans and snap peas, then immerse in ice water to stop cooking.
6. In a pan, place 3 tablespoons olive oil (do not preheat), add tomatoes and corn.
7. Cook on medium-high for about a minute.
8. When the oil becomes very hot reduce heat to medium.



9. Add asparagus and toss in the oil cook for another 2-3 minutes (do not overcook asparagus).
10. Squeeze garlic out of the cloves into a bowl.
11. Add dressing ingredients and whisk until emulsified
12. Drain beans and snap peas.
13. Mix all vegetables.
14. Drizzle dressing and balsamic vinegar then toss.
15. Serve.