

Green Bean and Onion Salad

From Nelson's Kitchen
Print

Ingredients:

- 400gr of fresh green beans
- 2 pickled red onions
- 1 Tbs of fennel seeds
- Olive Oil
- Freshly Ground Black Pepper
- Rice Vinegar
- Fresh Basil
- 1/2 teaspoon of salt (or to taste)

Procedure:

1. French and Blanch the Green Beans

- Cut off the end of each green bean.
- Cut in the diagonal into small pieces.
- Bring a large pot of water to a rapid boil.
- Fill a large bowl with cold water and add ice to the bowl.
- Drop all the green beans to the boiling water at once and cover the pot immediately so that it comes back to a boil quickly.
- Let it cook for about two minutes.
- Test a piece of green bean. It should be very firm still.
- Lift the green beans from the boiling water with a mesh.
- Drop them in the bowl of cold water.
- Let them cool completely in the cold water.

2. Assemble the Salad

- Put the green beans in a large bowl.
- Season with olive oil, rice vinegar, salt, and pepper to taste.
- In a dry skillet warm up the fennel seeds until they are very fragrant.
- Remove to a plate and let them cool off completely.
- Add drained onions and fennel seeds to the green beans.