



The Gathered Green

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GREEN BEAN & ZUCCHINI SALAD

Thank you to thewhimsicalwife.com for this recipe and picture.

Serves 4

Ingredients

- ¼ cup hazelnuts
- 250 grams green beans, ends removed
- 1 large zucchini, peeled into ribbons
- 1 tablespoon coconut oil
- ¼ teaspoon chili flakes
- 2 garlic cloves, minced
- Sea salt and cracked pepper to taste

Ginger, Tamari & Tahini Dressing

- ¼ cup unhulled tahini
- ¼ cup cold water
- 1 teaspoon ginger
- 1 ½ tablespoons tamari
- ½ teaspoon sesame oil
- 2 tablespoons apple cider vinegar
- Sea salt and cracked pepper to taste





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Method

Preheat the grill onto a medium heat in your oven. Place the hazelnuts onto a small baking tray and place under the grill.

Cook for 3 minutes and give the tray a shake to move the hazelnuts around and cook for a further 4 to 5 minutes or until golden.

Remove the nuts from the baking tray and tip onto a clean tea towel. Rub the nuts vigorously in the towel to remove the skins. Place onto a cutting board and roughly chop.

Place a large fry pan over a high heat and add coconut oil. Add green beans to pan and sauté for 5 to 6 minutes. Add the garlic and chilli and sauté for a further 2 to 3 minutes.

Add the zucchini ribbons and toss for about 30 to 40 seconds. No longer. The heat from the beans will continue to cook the zucchini. Place the zucchini and beans on a serving platter and sprinkle over the chopped hazelnuts.

Drizzle about 2 to 4 tablespoons of the dressing over the salad and serve immediately.

Dressing

In a small lidded jar, place all of the dressing ingredients. Place the lid on and shake vigorously to combine ingredients. Add more tamari or vinegar to taste.

Enjoy!

Jane

