

Baby bean, fennel & tomato salad



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Preparation: about 15 mins (+ marinating time) **Cooking:** about 4 mins
Serves: 4 as a side dish

Ingredients:

- 1 bulb baby fennel, trimmed and very thinly sliced crossways
- 2 tbs lemon juice
- 1/4 cup extra virgin olive oil
- 1/4 cup pine nuts
- 350g baby green beans, topped
- 250g mini Roma or cherry tomatoes, halved
- 100g parmesan cheese, shaved
- sea salt and ground black pepper

Method:

1. Place fennel, lemon juice and 2 1/2 tbs oil in a large bowl. Toss to combine. Cover and set aside for 30 minutes to marinate.
2. Meanwhile, heat remaining 2 tsp oil in a small frying pan over medium-high heat. Add pine nuts and cook, stirring often, for 1–2 minutes or until golden. Set aside.
3. Plunge beans in a small saucepan of boiling water and cook for 2 minutes or until just crisp. Drain and refresh under cold water. Set aside to cool.
4. Add pine nuts, beans, tomatoes, and parmesan to fennel mixture. Season with salt and pepper to taste. Gently toss to combine. Spoon into a serving bowl and serve.



Green beans:

- Provide some iron, which is especially important for those who choose a vegetarian diet. Iron is needed for making red blood cells, which carry oxygen throughout the body.
- An excellent source of vitamin C, which is best preserved if green beans are steamed, stir-fried or cooked briefly in the microwave.
- A source of dietary fibre, important to keep the intestine functioning well.