

# Mushroom, green bean & pancetta salad



## Mushroom, green bean & pancetta salad

**Preparation:** 10 minutes

(+ marinating & cooling time)

**Cooking:** about 5 minutes **Serves:** 4 as a side dish

250g button mushrooms, sliced

¼ cup extra virgin olive oil

¼ cup lemon juice

ground black pepper

175g baby green beans, trimmed

150g sliced pancetta, roughly chopped

¼ cup pine nuts

250g mini Roma or cherry tomatoes, halved  
lengthways

1. Place mushrooms in a large bowl. Add oil and lemon juice. Season with pepper to taste. Toss gently to combine. Set aside at room temperature for 30 minutes to marinate.
2. Meanwhile, cook beans in a small frying pan of boiling water for 2 minutes or until just crisp. Refresh in cold water, drain and pat beans dry with paper towel. Wipe pan with paper towel.
3. Heat 1 tsp oil in the pan over medium heat until hot. Add pancetta and cook, stirring often, for 2 minutes. Add pine nuts and cook, stirring often, for 2 minutes until golden. Set aside for 10 minutes to cool slightly.
4. Add beans, pancetta mixture and tomatoes to mushrooms. Toss gently to combine. Serve with barbecued fish or chicken.



### Mushrooms:

- Supply worthwhile quantities of six of the 8 B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin. These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.
- Great flavour for virtually no fat and is low in kilojoules (less than 100kJ/100g).