



## GREEN BEAN, TOMATO AND CUCUMBER SALAD WITH BASIL PESTO DRESSING

<b>Season:</b>	<b>Summer</b>
<b>From the garden:</b>	<b>Green beans, tomato, cucumber, basil</b>
<b>Type:</b>	<b>Side dish</b>
<b>Difficulty:</b>	<b>Moderate</b>
<b>Country of origin:</b>	<b>Italy</b>
<b>Serves:</b>	<b>30 tastes</b>
<b>Source:</b>	<b>Andrea Habacht, GTT kitchen specialist, Oropi school</b>

### Equipment

- \*chopping board and knife
- \*bowl and mixing spoon
- \*food processor
- \*measuring cup and spoons
- \*large saucepan or microwave bowl
- \*salad bowl

### Ingredients

- \*big handful of green beans
  - \*1 medium cucumber
  - \*300 g tomatoes
- FOR THE PESTO DRESSING:**
- \*handful of fresh basil
  - \*1 clove of garlic
  - \*2 Tbsp toasted sunflower seeds
  - \* $\frac{1}{2}$  tsp salt and black pepper to taste
  - \*2-3 tbsp olive oil
  - \*2 tbsp lemon juice or vinegar

### Method

- 1.trim the ends of the beans and cut in half
- 2.cook or steam the beans until just tender, don't overcook, they should still be a bit crunchy (around 5 minutes in the microwave). Rinse beans immediately with cold water after draining off the cooking water
- 3.cut the ends of the cucumber (they could be bitter) and deseed if necessary. Chop the cucumber into small pieces

**4. chop the tomatoes into similar sized pieces as cucumber**

**5. for the dressing add all the ingredients into a food processor bowl and process until nearly smooth. It should be quite runny. Taste and adjust seasoning**

**6. mix the beans, cucumber and tomatoes with the dressing and put in the fridge until needed**

**Skills:** *measuring, chopping, slicing, using a food processor*