



GREEN BEAN, CUCUMBER & MINT SALAD w AVO & CHIA

Season: Summer
From the garden: Beans or snow peas, cucumber, courgette, avocado, mint, coriander, lime
Type: salad
Difficulty: easy
Serves: 30 tastes
Source: Adapted from:
<https://ascensionkitchen.com/green-bean-cucumber-and-mint-salad-with-avo-and-chia/>

Equipment

- Chef's knife
- Chopping board
- Small jug
- Medium saucepan
- Colander
- Tongs
- Large bowl
- Mixing spoon
- Measuring spoons
- Teaspoon
- Fork

Ingredients

- * 2 C green beans
- * 2 C snow peas (if not available increase above quantity)
- * Small cucumber
- * Medium courgette
- * 1-2 avocados
- * 2 handfuls of freshly picked mint or other herbs
- * 3 handfuls of freshly picked coriander
- * 2 Tbsp chia seeds
- * 1 fresh lime - juice only
- * 2 pinches coarse sea salt
- * 2 Tbsp extra virgin olive oil
- * 1 Tbsp apple cider vinegar (or rice vinegar)
- * Cracked black pepper to taste

Method

NB - (A) = Adult assistance required

1. Wash and chop the ends off the beans and snow peas and pull up sharply to remove any string. Discard ends and strings. **(A)** Blanch* for two minutes in boiling water, then drain

into a colander in the sink and add cold water to the beans. Once cooled, add the drained beans to a large bowl.

2. Wash and cut the cucumber and courgette into sticks and add them to the bowl.
3. **(A)** Cut the avocado in half lengthways and rotate the halves to separate. Remove the pip by sliding the tip of a spoon gently underneath it and lifting it out. Peel by placing the cut side down and removing the skin with your fingers, starting at the small end. Discard the skin. Slice the avocado and add to the cucumber, courgette and beans.
4. Wash the mint and coriander. Pull the leaves off the stems. Tear up the leaves and add them to the bowl.
5. Scatter the chia seeds over the top.
6. Cut the lime in half. Carefully remove any visible pips from each half with a fork. Extract the juice by squeezing the halves into a small jug. Use the fork to remove any other pips that might have fallen in. Pour the juice over the salad.
7. Add the salt, apple cider vinegar, olive oil and cracked pepper. Toss gently to combine.
8. Serve immediately, enjoy!

Notes: * *To blanch, is to cook a fruit or vegetable for a short time in boiling water, then quickly remove and plunge into cold water to stop the cooking process. This softens the food without over-cooking it or losing it's natural colour or too many of the nutrients,*

Skills: *Knife skills, stringing beans, blanching, de-seeding and peeling avocado.*