



JERNEJ KITCHEN

STRING BEAN SALAD WITH SESAME SEEDS

Made in just 15 minutes.

SERVES 2 PEOPLE
PREPARATION: 15 MINUTES

STRING BEAN SALAD WITH SESAME SEEDS

2 shallots

2 tbsp olive oil

400 g cooked string beans (use frozen or fresh)

2 tbsp sesame seeds

1 tbsp black sesame seeds

1 bio lemon (zest)

TOOLS AND EQUIPEMENT

pan

cutting board

kitchen knife

salad bowl

SHALLOTS

Peel and thinly slice the shallots (or onions). Add about a tablespoon of olive oil to a hot pan, add shallots and cook for about 5 minutes over low heat.

STRING BEANS

Add cooked string beans to the pan and cook over low heat for about 5 minutes.

TOAST SEEDS AND SERVE

Toast sesame seeds in a hot pan (no need for oil). You can use a mixture of black and white sesame seeds to add some contrast. Add toasted sesame seeds to your string beans and shallots. Stir to combine, add lemon zest, season to taste with salt and pepper and serve. Optionally add shredded parmesan cheese or tofu or serve this salad with fish. Serve cold or warm. Enjoy.