



HÉLOÏSE BRION
MISS MAGGIE'S
— KITCHEN —
Relaxed French Entertaining

Flammarion



GREEN BEAN SALAD WITH HAZELNUTS AND PARMESAN

Serves 4

ACTIVE TIME

10 minutes

COOKING TIME

5 minutes

INGREDIENTS

2 lb. (1 kg) green beans
2 tsp whole grain mustard
2 tbsp balsamic vinegar
2 tbsp extra-virgin olive oil
2 tbsp hazelnut oil
1 shallot, thinly sliced
2 tbsp crushed toasted hazelnuts
2 handfuls arugula
1 handful shaved Parmesan
1 handful dried cranberries or blueberries
A few arugula or amaranth sprouts (optional)
Salt and freshly ground pepper

1. Blanch the green beans in generously salted water for 5 minutes.
2. Plunge the beans into a large bowl filled with ice water. After 1 minute, drain and dry the beans.
3. In the base of a large salad bowl, prepare the vinaigrette: Combine the mustard, vinegar, extra-virgin olive oil, and hazelnut oil, then season with salt and pepper.
4. Add the green beans, hazelnuts, shallot, and dried cranberries or blueberries to the salad bowl and toss with the vinaigrette.
5. Before serving, sprinkle the salad with the arugula, Parmesan, and amaranth sprouts if using.

KITCHEN NOTES: For a non-vegetarian version of this salad, you could toss in bits of smoked bacon, fried until crisp.