



Lemony Green Bean Asparagus Salad

Makes: 8 servings

Prep Time: 30 minutes Cook Time: 15 minutes

Total Time: 45 minutes

Ingredients

For the Veggies:

- 8 ounces French green beans (haricot verts) or small regular green beans, sliced on a long diagonal angle into bite-size pieces
- 8 ounces fresh asparagus, sliced very thinly on a long diagonal angle
- 8 ounces fresh sugar snap peas, sliced diagonally in half
- 1 cup baby, tiny frozen peas, more to taste

For the Walnut/Panko Topping:

- 1 tbsp extra virgin olive oil
- 1 tbsp unsalted butter
- 1/2 cup coarsely chopped walnuts
- 1/2-3/4 cup panko (Japanese breadcrumbs)
- 1/2 tsp kosher salt
- 1/4 tsp crushed red pepper, more to taste
- finely grated zest from 1 medium-size lemon

For the Dressing:

- finely grated zest of 1 medium-size lemon
- 2 tbsp fresh lemon juice
- 1 medium garlic clove, finely minced
- 1/3 cup extra virgin olive oil
- 3/4 tsp kosher salt
- 1/4 tsp fresh ground black pepper

To Finish the Salad:

- walnut/panko topping, recipe above
- 1/2-3/4 cup shaved Parmigiano-Reggiano cheese, more to taste
- 1/2 cup roughly chopped fresh mint leaves (basil is a good substitute)

- 6-8 scallions (green onions), trimmed and sliced thinly on a long diagonal
- fresh mint leaves for garnish

Instructions

For the Veggies:

Bring a large pot of water (2/3 full) to a boil over high heat. While the water is coming to a boil, fill a large bowl with water and add 3-4 cups of crushed ice or ice cubes. This is called an ice bath. Set aside. Set a large strainer (sieve) in your sink.

When the water is nicely boiling, add the vegetables and set a timer for 1 minute. Drain in the prepared sieve. Transfer cooked vegetables to the ice bath. Let sit for a minute or two, until no longer warm and drain. Shake the sieve a few times to remove any excess water then turn the drained veggies out onto a clean, dry kitchen towel and roll the towel around them. (If you are prepping ahead of time, the veggies can be transferred to a paper towel-lined storage container or large ziplock bag and refrigerated.)

For the Walnut/Panko Topping:

Heat a medium-size nonstick sauté pan over medium heat. Add the butter and olive oil. When the mixture is starting to sizzle a bit, add the walnuts. Stir frequently for 2-3 minutes or until the walnuts are beginning to deep in color. Add the panko crumbs and salt and cook for another 2-3 minutes, stirring frequently until medium golden brown.

Remove from the heat and stir in the lemon zest and crushed red pepper. Set aside to cool a bit. (If prepping ahead, allow the topping to cool completely then store in an airtight container.)

For the Dressing:

Combine the lemon juice, lemon zest and garlic in a large serving bowl. Drizzle in the olive oil while stirring vigorously with a fork or a whisk. Add the salt and pepper and stir again.

To Finish the Salad:

Add the drained veggies and toss to coat with the dressing. Taste and add more lemon juice and/or salt, and pepper, if needed.

Add the chopped mint and toss well. Taste again and adjust, if needed.

Either sprinkle the salad with the panko mixture and top with the shaved parmesan or serve the toppings separately at the table (a good idea if you think you'll have leftovers). Garnish with the scallions and more fresh mint (whole leaves). Serve and enjoy!

Recipe by The Cafe Sucre Farine