

## Green Bean, Agretti, Orange & Hazelnut Salad

### Ingredients

For 4 persons. 🕒 10 mins prep time. 25 mins cook time.

#### For the salad:

- 300g French Beans
- 150g Agretti
- 50g hazelnuts or almonds
- Small handful of chives or spring onion
- 1 orange or 2 mandarins
- 1 tbsp. sesame seed oil
- 1tbsp. extra virgin olive oil
- Freshly ground black pepper

💡 Tip: Only the zest of orange is required for this salad so why not make an additional salad of orange segments, black olives and sliced red onion to accompany it?

### Method

1. Preheat the oven to 150°C
2. Bring a pot of water to the boil for the beans to cook in.  
  
💡 Tip: The more space you give the beans, the more they retain their green colouring.
3. Trim and wash the French beans and Agretti, keeping them separate. When the water reaches boiling point, drop in the beans and cook for 4 minutes. Take out of the pan and put in a colander and run under cold water. Leave in a bowl of icy cold water.
4. Bring the water back to the boil and drop in the Agretti and cook for no more than 1 minute. Drain, run under cold water and add to the beans.
5. Spread the hazelnuts on a tray and put in the oven to roast for 7 minutes. Once roasted, run off the skins until they are mostly off of the nut. Roughly chop the nuts with a large knife.  
  
💡 Tip: You don't want the nuts chopped too fine – some halves and whole nuts will help the salad.
6. Wash the orange and peel the zest away from the flesh in strips. Try to minimise the amount of pith you take with the zest. Slice the zest into strips as thin as you can.
7. Chop the chives into 1cm lengths.
8. Dry the beans and Agretti with a tea towel and put into a large salad bowl. Add the chopped nuts, orange zest and chives and grind over pepper to taste. Add the oils and toss the salad to finish.