



Green Bean Salad

BY TIBRATA GILLIES

Method:

You will need:

- 1tb. sunflower or other cooking oil
- ½ red onion, sliced lengthwise
- ½ sweet red bell pepper, sliced
- 1 small garlic clove, minced
- 1lb. green beans, trimmed
- 1.5 tsp. lemon zest
- Salt & pepper to taste

1. Soften the onions in the oil over low heat for five minutes, stirring frequently to prevent browning.
2. Add the sweet peppers and garlic. Continue cooking for another five minutes or so to soften peppers. Set them aside and allow to cool.
3. Add the prepared beans to the boiling water. When the water comes back to a boil, allow the beans to cook for another 2 to 3 minutes.
4. Drain the beans and cool quickly with ice water.
5. Pat the beans dry, then add them to a mixing bowl.
6. Mix in the cooked onions, garlic, peppers, and lemon zest. Toss to combine. Taste, and adjust the seasoning.

