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Cold Bean and Snowpea Salad

Ingredients

200g snowpeas
225g butter beans
200g shelled edamame beans
2 tbsp garlic - peeeled and finely chopped
1 cup canola oil
1 tsp Dijon mustard
3/4 cup white wine vinegar
1/4 cup sugar
2 tbsp soya sauce
1/4 tsp fresh black ground pepper

Preparation

1. To start off with, blanch snowpeas in a large pan of boiling water for 10 seconds.
2. Therafter, strain and place in cold water to cool the beans.
3. After this, drain and set aside.
4. Then blanch yellow wax beans for about 2 minutes.
5. Strain and place in cold water until cooled then drain and cut into half
6. Throw in the yellow butter beans to the snowpeas.
7. Now add edamame beans.
8. In a small pan heat oil over medium heat.
9. Add garlic and cook just until the garlic begins to colour.
10. Remove from heat and immediately place into a small bowl.
11. In a separate bowl - blend the remaining ingredients until sugar is dissolved.
12. Slowly mix in garlic oil mixture.
13. Add dressing, a few tablespoons at a time to the beans, tossing the salad until it is coated to taste.
14. Use as much dressing as you feel required.
15. Refrigerate the remainder in an airtight container and used within a week.

Cooks Note