



Posted on 14 October 2012
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Cold Bean and Snowpea Salad

Ingredients

200g snowpeas
225g butter beans
200g shelled edamame beans
2 tbsp garlic - peeled 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 Thereafter, 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
