

Green Bean, Feta & Dill

Bialik College Kitchen Garden Program



Ingredients:

- 4 tablespoons olive oil
- 1 tablespoon white balsamic vinegar
- 2 tablespoons chopped dill
- pinch of caster sugar
- zest of 1 lemon
- 1kg green beans, topped
- 1 cup feta, crumbled

Equipment:

- whisk
- small bowl
- zester
- saucepan
- colander
- chopping board
- knife

Method:

1. Place the oil, vinegar, dill & sugar in a bowl and whisk to combine.
2. Season with salt & pepper.
3. Use a zester to remove the rind from the lemon.
4. Top and tail the beans.
5. Place beans & lemon in a large saucepan of salted boiling water. Cook for 2 minutes. Refresh under cold running water & drain.
6. Transfer the bean mixture to a serving plate.
7. Drizzle over the dressing and top with feta and serve.