

Potato and Green Bean Salad

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 500g small white potatoes
- 200g green beans, ends trimmed
- ¼ red onion, thinly sliced
- 3 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- ¼ cup olive oil
- 1 teaspoon salt
- 1 tablespoon fresh thyme leaves, chopped
- Salt/pepper, to taste

Equipment:

- Metric measuring scales, cups and spoons
- Large pot
- Slotted spoon
- Colander
- Mixing bowls
- Fork
- Whisk
- Wooden spoon or spatula
- Chopping board
- Cook's knife

Method:

1. Bring a large pot of water to the boil.
2. Fill a medium sized bowl with cold water and ice for green beans after they have been blanched.
3. Add the green beans to boiling water and blanch for 2 minutes, scoop them out with a slotted spoon and place them in the bowl of iced water to stop the cooking process. Once cooled, drain them in a colander.
4. Add whole potatoes to the same pot of boiling water. Boil them for 15 minutes, or until they are fork tender. ***Ask an adult to drain them** and let them cool for a few minutes.
5. While the potatoes are cooling, prepare the dressing by combining vinegar, mustard and salt in a bowl. Whisk continuously, slowly adding the olive oil until the dressing has thickened and is emulsified (fully combined).
6. Once the potatoes are cool enough to handle, cut them in half or in quarters. Toss them all into a large bowl with the green beans and sliced red onion.
7. Add the dressing and toss it all together until everything is well coated. Add the chopped thyme leaves and pepper, toss again and then serve.