

SPRING GREEN BEAN SALAD

ingredients:

- 1 pound green beans
- 1 tablespoon minced shallots
- 1 tablespoon Dijon mustard
- 2 tablespoons red-wine vinegar, white wine vinegar or champagne vinegar
- 4 tablespoons olive oil
- Salt and freshly ground pepper
- Crispy fried shallots (optional)

directions:

Green Bean Salad

Prepare a bowl filled with cold water and ice.

1. Bring a large pot of salted water to a boil. Trim ends from beans and leave them whole. Add the beans to the pot of boiling water and cook until bright green, but still crisp. Approximately 2 to 4 minutes. Drain the beans and toss them into the ice water.
2. In a medium bowl, whisk the minced shallots, mustard, vinegar, olive oil, a pinch of salt, and a pinch of pepper together. Taste and adjust with more salt and pepper if needed.
3. Toss in the green beans then serve with crispy shallots sprinkled on top.

Crispy Fried Shallots

Slice one or two large shallots into thin rings.

1. Add the shallots and a few tablespoons of avocado oil to a cold, wide frying pan. Turn the heat to medium high and cook until the oil starts bubbling around the shallots. Stir the shallots every once and a while, then when the bubbling slows down, turn the heat to medium low and continue to cook, stirring often, until the shallots are golden. Stay close while they shallots cook, as they can go from brown to burnt quickly.
2. Transfer the shallots to a plate lined with paper towels or a clean dish cloth, sprinkle with a little salt, and cool completely. Use the shallots within the next day or so.

Enjoy!

