

Sesame Beans and Broccoli Salad

Serves: 1

Prep time: 8 Minutes

Cooking time: 3-5 Minutes

Ingredients:

- small head of broccoli, cut into flowerets
- handful fresh green beans, cut the ends off
- 1 cheek of capsicum, cut into strips
- 1 teaspoon toasted white sesame seeds
- 1 teaspoon toasted black sesame seeds
- salt and pepper ***optional**

Dressing:

- 1 teaspoon sesame oil
- 2 tablespoons extra virgin olive oil
- 1 tablespoon rice wine vinegar
- 2 teaspoon soy sauce

Method:

- Blanch the broccoli in a pot of boiling water for two minutes, remove with a slotted spoon and place into icy cold water to stop them cooking,
- Add the beans to the same boiling water and blanch for 1-2 minutes, remove with slotted spoon and place into the ice water
- Heat a grill pan over medium-high heat, add the capsicum and char grill on both sides until they just start to soften
- Drain the broccoli and beans, add them to a serving bowl with the capsicum
- Mix the dressing ingredients together and pour over the salad vegetables. Toss to combine
- Sprinkle with the toasted sesame seeds. Season to taste
- **Serve and Enjoy!**
- **Note:** You can toast the sesame seed in a dry frying pan, over medium-high heat stir gently until they start to change colour and become fragrant. Be careful not to burn them.



*I just love the crispy-crunch of the vegetables in this salad coated in a tasty sesame-soy dressing. **Enjoy!***