

# French Bean Salad

serves 5 as a side by Harry Sargent

## Ingredients

### For the salad:

- 600-700g dwarf french beans, cut into thirds and blanched for 2½ minutes
- 2 ripe avocados, cut into 1cm cubes
- 1 cucumber, peeled and cut into 1cm cubes
- 1 crisp large apple, cut into small, flat pieces\* (tossed in a little lemon juice to prevent browning)
- 30 mint leaves, roughly torn
- Black and white toasted sesame seeds to taste
- Sea salt to taste

### For the dressing:

- ½ tbsp white wine vinegar
- 1½ tbsp extra virgin olive oil
- 1 tsp Dijon mustard
- 2 spring onions, trimmed and finely chopped
- 2 small-medium passion fruits, seeds and pulp only
- Crushed chilli to taste

### To top:

- Fresh herby croutons
- Pinch sumac
- Parmesan shards

### \*Tip:

I cut the apple into 8 equal wedges, remove the core, and cut each wedge into 3mm slices to make little triangles.