

# Marinated Mushroom, Green Bean, Cherry Tomato & Walnut Salad

*All the colours of Christmas in a salad.*

## Ingredients

50 mls extra virgin olive oil

1 Tbsp apple cider vinegar

1 Tbsp maple syrup (honey will work nicely, too)

Juice of 2 lemons

500 gms fresh, firm button mushrooms

120 mls Greek yoghurt

35 gms tahini (a sesame seed paste available in most supermarkets)

1 clove garlic

1 good pinch of sea salt

500 gms green bean

300 gms cherry tomatoes, halved

75 gms toasted walnuts, roughly chopped

1/2 tsp ground cumin

Rind of 1/2 preserved lemon, finely chopped

## Instructions

Wipe mushrooms with a paper towel, then chop into quarters. Set aside in a glass bowl.

Whisk together oil, lemon juice, cider vinegar and maple syrup.

Pour over mushrooms, toss and leave to marinate for 1 hour.

Top and tail beans and blanch in boiling water for a minute or two.

Refresh in iced water immediately to arrest the cooking process, pat dry.

Toss marinated mushrooms, beans and tomatoes together in a shallow dish.

Blend yoghurt, tahini and cumin in a dish.

Finely chop the clove of garlic with the pinch of salt until minced

together.

Add to yoghurt mix along with preserved lemon.

Blend until mixed, loosening with a little cold water to make it runny  
enough to drizzle over the vegetables.

Scatter top with the chopped walnuts and serve.