



Green Beans & Cherry Tomato Salad

Serves 4

1 lb. (450g) green beans
1 cup (150g) cherry tomatoes

For the dressing:

1 clove garlic, minced
½ cup (15g) coriander, chopped
2 tbsp. lemon juice
¼ cup (60ml) olive oil

What you need to do

1. Trim the stem end of the green beans. Bring water to a boil in a large pot, and cook the beans for 3 minutes. Then drain and rinse with cold water, allowing them to cool completely.
2. Half the cherry tomatoes and place in a salad bowl. Once beans are cool cut them in 1-2 inch pieces and add to the salad bowl.
3. Make the dressing by placing the dressing ingredients in a food processor. Pulse until a smooth sauce has formed. Season to taste with salt and pepper.
4. Add the sauce to the green beans and tomatoes and mix well until coated. Serve immediately as a salad or side dish. Store covered in the fridge for 2-3 days.



GF DF LC MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	5 mins	163	14	10	2

*Nutrition per serving