

SWEET AND SALTY GREEN BEANS
with crunchy seeds and chewy dates

Serves 4

500g beans
60g sunflower seeds
1 tbsp toasted white sesame seeds
1 tbsp black sesame seeds
4 medjool dates

for the dressing
1 tbsp miso paste
2 tbsp tahini
juice of 1/2 a lemon
1 small clove of garlic, finely grated
1 tbsp rice wine vinegar
2 tbsp light sesame oil (1tbsp if toasted)
pinch of salt
water

Pick off any stalks from the beans. You can trim the tails from the other side if you wish but I rather like them.

Bring a large pan of salted water to the boil and blanch the beans for 3 minutes. Plunge into ice cold water. Once cool, drain.

Toast the sunflower seeds in a dry frying pan until golden brown and allow to cool

Combine all the dressing ingredients apart from the water in a bowl (and do not worry if it looks a little curdled at this stage). Then slowly add the water, stirring as you do until you get a smooth saucy consistency.

Add the beans, seeds and dressing to a large bowl. Tear in the dates (discarding the stones). Toss and serve. Finish with more sunflower seeds if you like.