

Bean salad with hazelnut and orange

Serves 6

4 large handfuls of green beans (halved)	Small handful of chives or a few spring onions
1 large handful of sugar snap peas (halved)	2 tbsp olive oil
600g of frozen broad beans	1tsp sesame seed oil (or nut oil)
a few sprigs of tarragon	1 tbsp soy sauce
70g whole hazelnuts	1 tbsp balsamic vinegar
2 oranges (use the zest)	Salt and pepper

Method

Toast the hazelnuts and rub off the skins. Chop roughly.

Tip the beans into a large pan of boiling, salted water and simmer for about four minutes. Add the peas and boil for another minute or two. Test the beans to make sure they are not too squeaky. Refresh and drain and chill.

Chop the nuts and zest the orange. Using a sharp knife, remove the peel and cut the flesh into segments with no pith remaining. Mix the oils and vinegar in a large bowl with the orange zest and mix in with the veg, and tarragon. Mix in the nuts and orange segments. Taste and season.