



Green bean salad with dill pesto

15'
Hands on

4-6
Portion(s)

1
Difficulty



Ingredients

- 450 g green beans
- salt
- 2 carrots
- 500 g baby potatoes, boiled
- 150 g cherry tomatoes
- pepper
- 50 g almond slivers
- 50 g gruyere cheese
- 1 tablespoon(s) dill

For the pesto sauce

- 1/2 clove(s) of garlic
- 100 g olive oil
- 50 g dill
- 1/4 bunch parsley
- 40 g almond slivers
- 50 g gruyere cheese

Method

- Place a pot with water over medium heat. Add the green beans, salt, and boil them for 10 minutes.
- Drain them, rinse them with cold water and let them cool.
- Peel the carrots and cut them into thin slices with a peeler. Set them aside.
- In a blender add the garlic, the olive oil, and beat until the garlic is dissolved. Add the dill, the parsley, and beat. Add the almonds and beat until homogenized. Finally, add the gruyere cheese and beat for a few seconds.
- In a serving bowl add the green beans, the carrots, the potatoes and the cherry tomatoes cut in half, salt, pepper, the pesto sauce, and mix.
- Add the almonds, the gruyere into slices, dill, and serve.

Διατροφικός πίνακας

Nutrition information per portion

459 Calories (kcal)	31.0 Total Fat (g)	7.0 Saturated Fat (g)	26.0 Total Carbs (g)
23%	44%	35%	10%
7.3 Sugars (g)	13.0 Protein (g)	14.0 Fibre (g)	0.43 Sodium (g)
8%	26%	56%	7%