

## TASTE WITHOUT WASTE

### Zucchini, French Bean & Semi-Dried Tomato Salad with Tahini Dressing

Serves 4-6

#### Ingredients

400g zucchini (about 2 large), sliced into 3mm thick rounds  
Olive oil spray  
150g French beans, trimmed  
4 large handfuls of salad leaves. I used half rocket, half baby spinach.  
10 semi-dried tomatoes  
1 tbsp pepitas, toasted  
1 tbsp slivered almonds, toasted  
1 tsp sesame seeds, toasted

#### *Tahini Dressing*

½ garlic clove, crushed  
Finely grated zest and juice of ½ lemon  
½ tsp clear honey  
2 tbsp unhulled tahini  
2 tbsp olive oil  
Hot water to thin down  
Sea salt and freshly ground black pepper

#### Method

Preheat the oven to 200C. Line two large baking trays with baking paper. Arrange the zucchini rounds on the trays in a single layer, lightly spray with olive oil and season well with salt and pepper. Roast for 10 minutes or until just tender. Set aside to cool slightly.

Bring a pot of water to a rolling boil. Add all the beans at once and cook for 1 minute. Drain and immerse in cold iced water for a minute to refresh and stop the cooking process. Drain again and pat dry with a tea towel.

To assemble: Arrange half of the salad leaves on a large serving platter and scatter with half of the zucchini and beans. Top with the remaining leaves and then the zucchini and beans. Finish with the semi-dried tomatoes and scatter with the toasted nuts and seeds. Drizzle with the tahini dressing, or allow each person to add their own dressing.

#### *Tahini Dressing*

In a small bowl whisk together the garlic with the lemon zest and juice, honey and tahini to form a smooth paste. Thin out with small drizzles of hot water until you reach a smooth trickling consistency. Gradually add the oil, whisking constantly until well combined. Season with salt and pepper.

Best eaten at room temperature.

Source: Adapted from *River Cottage: Veg Everyday*

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