

# AMPELOFASOLIA SALATA

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## INGREDIENTS

Water  
450gms green beans, trimmed  
Salt and pepper, to taste  
Crushed red pepper flakes, optional, to taste  
100gms quality crumbled feta cheese, to taste  
2 tbsp (or more to your liking) pitted olives, chopped  
Handful of cherry tomatoes, cut in half

## For dressing

2 tbsp extra virgin olive oil  
2 tbsp freshly squeezed lemon juice  
1 to 2 garlic cloves, minced  
2 tbsp chopped fresh dill  
1/2 tsp sweet Spanish paprika  
Salt and pepper, to taste

## INSTRUCTIONS

**Step 1:** Prepare dressing. In a small bowl, whisk together extra virgin olive oil, lemon juice, garlic, fresh dill, Spanish paprika, pinch of salt and pepper. Set aside for now.

**Step 2:** Bring a large pot filled with water to a boil. Add green beans. Cook for 5 minutes, then, keep the pot of boiling water going, but using tongs, transfer green beans to an ice bath (a bowl of ice and ice cold water) for 5 minutes. Return beans to boiling water to finish cooking until tender, about 10 more minutes or so. Drain well.

**Step 3:** Transfer warm beans to a mixing bowl. Add the chopped tomatoes, toss with a little salt and pepper. Give the dressing a quick stir to combine well, then pour over the green beans. Toss again to coat.

**Step 4:** Transfer to a serving platter. Sprinkle crushed pepper flakes and crumbled feta. Top with chopped olives. Serve at room temperature.

# THE COOKERY

by The Secret Jozi Chef