



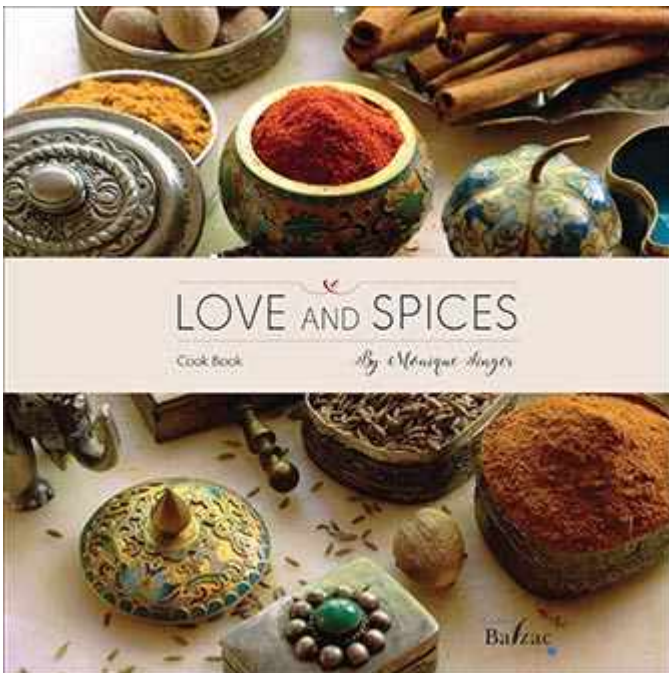
Love and Spices: Asparagus and Green Beans

Description

An ideal springtime salad to accompany just about any main dish

Recipe by **Monique Singer**

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Westmount Magazine is proud to offer its readers sample recipes from [Love and Spices](#), a beautifully illustrated cookbook by **Monique Singer**. With this new series, you will discover some unique recipes dedicated to cooking



with spices, from hors d'œuvres to desserts.

Monique Singer knows how to make people talk, sing and dance spices! From her earliest childhood, alongside her grandmother and sisters, she learned how to create a delicious and original cuisine with her senses, her hands and all her love.

From her family's table to the jet-set parties she has catered in New York, Los Angeles, Venezuela, Spain, Haiti, and Asia, regardless of the set-up, function, atmosphere or style, Monique's food has left its imprint on people's taste buds.

Enjoy!

Asparagus and Green Beans

Preparation time: 30 min | Cooking time: 8 min | Yields: 4 servings

- 15 asparagus, peeled and sliced with a mandolin
- 1/2 lb / 226 g small French green beans, blanched
- 2 cups /16 oz / 150 g hand full, watercress, washed, dried and stems removed
- 1/2 red onion, sliced
- 2 tbsp white and black sesame seeds, toasted
- 1 red chilli pepper, diced
- 1 tbsp sesame oil
- 2 tsp olive oil
- 1 lemon, juiced
- 1/2 tsp rice vinegar
- 1 tsp sea salt
- 1 tsp coriander seeds
- 1/2 tsp freshly ground white pepper

Blanch the green beans, drain, let cool and set aside.

Pat dry before adding the dressing.

Put the sesame seeds in a small frying pan.

Toast for 2 to 3 minutes while stirring, set aside.

Put the asparagus and watercress in a salad bowl.

Add the onion, chilli pepper and green beans.

DRESSING

In a mixing bowl, stir in the oils, rice vinegar, lemon juice, salt, pepper.

Pour over the salad, toss then sprinkle the sesame seeds and coriander seeds.

Blanching: in a pot, bring water to a boil.

Add the green beans and cook for 3 minutes.

Dip in a bowl of iced water to stop the cooking to keep them green.

Remove and drain.

Images: Anne Fillion



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Monique Singer is a cultural creator now based in Montreal, usually found travelling the world,

experiencing other cultures and sharing what she finds most interesting. At the top of her food passion is her attraction for spices, their benefits and the distinctive flavour they bring to all dishes. [LinkedIn](#)



Category

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2. Love and Spices cookbook
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4. salad
5. vegan
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