

Recipe

GREEN BEAN CHIMICHURRI

SERVES 4

THE GOODS:

- 1/4 cup finely diced shallots
- 1/4 champagne or white wine vinegar
- 1 garlic glove, peeled
- Espelette pepper or cayenne
- 1 Cup cilantro, minced
- 1/2 cup parsley, minced
- 1 cup very thinly sliced green beans
- 1 cup extra virgin olive oil
salt
- 2 lbs Protein of choice: ribeye (featured), chicken, fish or even use to enhance any vegetable dish.

THE METHOD:

Finely dice 1/4cup shallot and combine with 1/4cup vinegar, set aside for thirty minutes. Strain, reserving both the shallots and vinegar separately.

Add cilantro, parsley and green beans to a medium bowl. In a mortar and pestle combine reserved shallots, garlic and pepper and blend into a paste. If you don't have a mortar and pestle, place ingredients on a cutting board and in a pressing action with the blade of your knife, smear into a paste. Transfer shallot paste, olive oil and salt to bowl with greens, plus 1 tablespoon of reserved vinegar. Mix to combine well. Season with more vinegar and salt to taste.

Boulder Nutrition