

Green Bean and Mango Salad

Recipe By *Brynie Greisman*



Cooking and Prep:  30
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Serves:  8

Contains:   

Preference: Parve

Difficulty: Medium

Occasion: Shavuot

Diet: Vegetarian, Pescetarian,

Gluten Free

Source: Family Table by

Mishpacha Magazine

This is not your typical salad. It takes a bit of time to prepare, but you're going to love the fresh, original combo of ingredients. The dressing is very flavorful and the components all come together to give you a salad bursting with taste in every bite.

Ingredients (17)

Salad

- 1 pound (450 grams) frozen green beans
- 8 ounces (225 grams) fresh mushrooms, sliced
- 1 and 1/2 tablespoons sweet chili sauce
- pepper, to taste

- salt, to taste
 - 2 cloves garlic, crushed or 2 cubes **Gefen Frozen Garlic**
 - 2 tablespoons oil, plus more as necessary
 - 1 medium-large mango, very finely diced
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Dressing

- 2 heaping tablespoons parve sour cream (I used Tofutti)
 - 1 scant tablespoon **Kedem White Wine Vinegar**
 - 1 large or 2 small cubes frozen dill
 - 2 tablespoons water
 - 3 tablespoons **Gefen Olive Oil**
 - 1/4 teaspoon salt
 - 2 and 1/2 teaspoons **Gefen Honey**
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For Serving

- 1 head lettuce, shredded
 - small round onion-flavored pretzels or other crushed pretzel of your choice, or tricolored mini croutons
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Start Cooking

Prepare the Dressing

1. Blend together all dressing ingredients with an immersion blender. Taste and adjust seasoning if necessary. Refrigerate until using. (This can be made two to three days in advance.)

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Sauté the Vegetables and Mango

1. Defrost the green beans slightly in the microwave, then rinse and pat dry. Heat oil in a large

frying pan. Add garlic, seasonings, and chili sauce. Add green beans and sauté over low heat for 10-12 minutes, stirring occasionally. Raise heat for the last two to three minutes. Remove green beans from frying pan and transfer to a small bowl.

2. Wipe out the frying pan. Add a little oil to the pan and stir-fry the mushrooms for two minutes, until slightly wilted. Add some salt and pepper to taste. Transfer to a second small bowl.
3. Add a drop of oil to the pan and stir-fry the diced mango for two to three minutes.

To Assemble

1. Place cut lettuce on a large platter. Add each vegetable or fruit on top. Serve the dressing and pretzel or crouton garnish on the side.
2. Alternatively, place the lettuce in a glass bowl. Layer each vegetable on top, and put the mango last. Pour the dressing over the salad immediately before serving. Serve the garnish on the side.

Credits

Photography by Moishe Wulliger

Food Styling by Renee Muller