

Cabbage with green beans, basil and hazelnuts

I like to use one of the pointed spring cabbages, though a crisp, round white cabbage is also fine. I prefer to serve this just warm rather than chilled, when the flavours are at their fullest – lovely mustard and basil notes going on here.

Serves 4 as a side dish

dijon mustard 1 tbsp

red wine vinegar 3 tbsp

honey 2 tsp

olive oil 150ml

hazelnuts 50g

tarragon leaves 2 tbsp

basil 10 leaves

firm blue cheese 150g

french green beans 250g

spring cabbage 450g

Put the mustard in a small bowl, stir in the vinegar, honey and a good pinch of sea salt, and beat in the oil with a fork or small whisk. Set aside.

.....

In a dry, shallow pan, toast the hazelnuts over a low-medium heat, moving them around the pan so they colour evenly. When toasted and fragrant, remove and roughly chop.

.....

Chop the tarragon leaves and basil and stir, with the hazelnuts, into the dressing. Crumble the blue cheese into small nuggets and stir in.

.....

Bring a deep pan of lightly salted water to the boil. Remove the stalk and (if you wish) the pointed tips of the beans. Cook the beans for 3 or 4 minutes until they have darkened and gently bend without snapping. Remove with a slotted spoon and set aside. Return the water to the boil.

.....

Shred the cabbage into finger-thick strips, removing the core as you go, wash under running water, then drop into the boiling water. Cook for 2 minutes, then drain into a colander, shake dry and add to the beans. (Shake the cabbage well, so the dressing does not become diluted.)

.....

Toss the beans and cabbage with the hazelnut dressing and pile generously on to a serving dish. ●