

Green Bean and Tomato Salad

2 cups of green beans

2 cups of rich red tomatoes

2 tbsp of pine nuts

2 tbsp of almond flakes

Himalayan pink salt or sea salt

Cracked pepper

Wash the tomatoes and roast by placing on a baking tray or low edge casserole dish. Drizzle with macadamia oil and sprinkle with salt and cracked pepper. Place in a moderate oven until cooked it will take about 40min.

While the tomatoes are roasting steam the green beans so that they are cooked more than blanching but do not overcook, they should retain their form and colour, once a fork goes through them easily they are ready. Take off the heat to stop the cooking process.

Place the pine nuts and almond flakes on a baking tray and place in oven until they are golden. Let them cool a little before putting with tomato's.

Once all ingredients are cool, place them together in a bowl and gently mix though with your hands.

For the tomatoes I suggest Roma, Cherry, Grape or small Vine ripened. Normal tomatoes from the supermarket have no flavour and are floury. If you want to enjoy fresh fruits, salads and vegetable buys the best you can afford and you will see they taste delicious.

Tomatoes are not hard to grow and I great way to save money.