

Avocado and Watercress Salad with Green Beans

Ingredients

Instructions

Prepare an ice water bath; set aside.

Halve, peel and pit the avocado, cutting it into 1/2" chunks. Put the avocado into a serving bowl large enough for the finished salad. Whisk together shallot, lemon juice, salt, pepper and olive oil until well emulsified and creamy. Pour the mixture over the avocado and toss them until well coated so they do not discolor.

Bring a pot of water to a boil, add salt. Blanch the green beans until tender-crisp, 4-5 minutes. Immediately transfer them to the ice-bath to stop cooking. Drain well, and add them to the bowl with the avocado, followed the cucumber slices, watercress, and mint leaves. Gently toss until the

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salad is evenly dressed. Season with salt and pepper and serve with additional lemon wedges.