

Recipe by Chef **Michael Hay**, District Chef for Oliver & Bonacini Restaurants



Inspired by
Men with Brooms
(2002)

THE TRUE MEASURE OF A MAN IS THE SIZE OF HIS CAESAR.



Men With Beans

Chef Michael Hay's Green Bean Salad

Ingredients

GREEN BEANS

2 cups green beans
1 litre water
1½ tbsp salt
2 cups ice

CRUNCHY LENTILS

1 cup Puy lentils
2¾ cups water
1 litre canola oil, for frying

DRESSING

¾ cup mayonnaise
¾ cup sour cream
¼ cup shredded Parmesan
cheese plus more for garnish
1½ tbsp lemon juice
Worcestershire, to taste
Tabasco, to taste
Black pepper, to taste
Salt, to taste
Bacon bits, to taste

Method

- 1 Soak lentils overnight in room temperature water. Drain and deep fry in canola oil at 375°F in small batches until crispy; toss with salt to season.
- 2 Top and trim the beans; boil in salted water for 2 minutes until tender. Immediately refresh the beans in an ice bath.
- 3 Mix together dressing ingredients. Combine beans and lentils in a bowl, toss with dressing and top with bacon bits, more Parmesan and a squeeze of fresh lemon.