

Green Bean Salad with Egg Topping



Serves	6
Prep time	30 minutes
Cook time	10 minutes
Total time	40 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Salad
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Barbecue , Casual Party , Picnic

Ingredients

- 675g green beans (topped and tailed)
- 2 tablespoons butter (or Nutelex)
- 2 tablespoons sunflower oil
- 1 cup home made bread crumbs (refer to basics page, or use rice crumbs)
- 4 tablespoons parsley (chopped)
- 1 egg (hard-boiled and shelled)

Directions

1. Cook the beans in salted boiling water for 6 minutes, drain well, toss in the oil and place in a shallow serving dish to cool.
2. Heat the butter in a large frying pan, add the bread crumbs and fry until golden. Remove the frying pan from heat, add the parsley, then grate in the egg.
3. Spoon the bread crumb topping over the beans and serve.



4. If preparing the salad in advance, store it in the fridge, then allow it to come to room temperature before serving.

Note

Low Chemical / Failsafe

Variations:

1. Use rice crumbs or Orgran Multigrain crumbs for a gluten-free version,
2. Use Nutelex for a dairy-free version,
3. Use yellow beans, such as butter beans for a colour variation,
4. If eggs are a problem the topping can be made without them, or make two versions (one with, one without egg) and serve them both as a side dish, letting people spoon the topping on after serving.

Refer to the basics page for [home made bread crumbs](#).