

Runner Beans and Young Pea with Hazelnut and Orange

Serves 6

Ingredients

400g runner beans
400g young peas, in their pods
70g unskinned hazelnuts
1 orange
20g chives, roughly chopped
1 garlic clove, crushed
3 tbsp olive oil
2 tbsp hazelnut oil (or another nut oil, if unavailable)
Coarse sea salt and black pepper

Method

Preheat the oven to 180°C. Using a small sharp knife, trim the stalk ends off the runner beans and the young peas in their pods keeping the two separate. Bring plenty of unsalted water to the boil in a large saucepan – you need lots of space for the beans, as this is crucial for preserving their colour. Blanch the runner beans in the water for 2 minutes then drain into a colander and run them under plenty of tap water until cold. Leave to drain and dry. Repeat with the young peas in their pods but blanch for only 1 minute.

While the beans are cooking, scatter the hazelnuts over a baking tray and roast in the oven for 10 minutes. Leave until cool enough to handle, then rub them in a clean tea towel to get rid of most of the skin. Chop the nuts with a large sharp knife. They should be quite rough – some can even stay whole.

Using a vegetable peeler, remove the zest from the orange in strips, being careful to avoid the bitter white pith. Slice each piece of zest into very thin strips (if you have a citrus zester, you could do the whole job with that).

To assemble the dish mix all the ingredients in a bowl, toss gently, then taste and adjust the seasoning. Serve at room temperature.