Vegetables with mint and yogurt

Chef	Portions	Preparation
Mélissa Larouche	**4 to 6**	**30min.**

Ingredients

- [ ] 250 g edamame beans
- [ ] 250 g green beans
- [ ] 250 g fresh or frozen green peas
- [ ] 250 g green asparagus cut into sections
- [ ] 1 cup plain Greek yogurt
- [ ] 1 bunch fresh mint, coarsely chopped
- [ ] Juice and zest of 1 lemon
- [ ] Salt and ground pepper

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Preparation

— Blanch vegetables in salted boiling water to keep them crisp.
— Drain well and pat dry. Place in a bowl, season with salt and pepper to taste, add lemon juice, zest and fresh mint, mix well and let stand for 30 minutes before serving.
— Very nice as a side dish or appetizer for a burst of fresh flavour.

Bon appétit!

Our other favourite recipes: Peach meatballs, Thai chicken soup, Confit duck pasta, Tofu stir-fry, Spaghetti sauce

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