Green Bean and Onion Salad

Ingredients:

- 400gr of fresh green beans
- 2 pickled red onions
- 1 Tbs of fennel seeds
- Olive Oil
- Freshly Ground Black Pepper
- Rice Vinegar
- Fresh Basil
- 1/2 teaspoon of salt (or to taste)

Procedure:

1. **French and Blanch the Green Beans**
   - Cut off the end of each green bean.
   - Cut in the diagonal into small pieces.
   - Bring a large pot of water to a rapid boil.
   - Fill a large bowl with cold water and add ice to the bowl.
   - Drop all the green beans to the boiling water at once and cover the pot immediately so that it comes back to a boil quickly.
   - Let it cook for about two minutes.
   - Test a piece of green bean. It should be very firm still.
   - Lift the green beans from the boiling water with a mesh.
   - Drop them in the bowl of cold water.
   - Let them cool completely in the cold water.

2. **Assemble the Salad**
   - Put the green beans in a large bowl.
   - Season with olive oil, rice vinegar, salt, and pepper to taste.
   - In a dry skillet warm up the fennel seeds until they are very fragrant.
   - Remove to a plate and let them cool off completely.
   - Add drained onions and fennel seeds to the green beans.