

Mixed Bean Salad

INGREDIENTS (serves 4)

- 1 red pepper – deseeded and diced
- 1 courgette – halved lengthways, deseeded and diced
- 4 spring onions or ½ red onion – finely diced
- 1 carrot – peeled and finely diced
- 1 can mixed beans – drained and rinsed
- 2 dessertspoons vegetable oil
- 1 teaspoon lemon juice
- 1 teaspoon wine vinegar
- ¼ teaspoon ground cumin or garam masala
- ½ teaspoon smoked paprika
- ½ teaspoon mixed herbs and parsley
- black pepper



EQUIPMENT

- chopping board, sharp knife,
- mixing bowl, can opener,
- sieve or colander, jug
- dessertspoon, teaspoon,

METHOD

1. Prepare the vegetables and place in a mixing bowl with the drained mixed beans.
2. In a jug, whisk together the oil, lemon juice, wine vinegar, spices, herbs and black pepper. Pour over the vegetables and mix gently.
3. Serve the at lunchtime with some houmous, cheese and pitta bread or as a side salad with homemade burgers, kebabs or fish cakes.

HEALTHY HINT!

- * Remember to eat a rainbow! All of the vegetables in this recipe will help towards your 5 a day.

ALLERGY AWARENESS!

This recipe contains: sulphates (in vinegar)

