

MIXED BEAN SALAD



1/4 of the recipe contains

Energy	Fat	Saturates	Sugars	Salt
928kj 221kcal	5.2g	0.7g	6.1g	0.3g
11%	7%	3%	7%	5%

0.5 of your 5 a day

Prep Time: 15 mins **Cooking Time: None** **Serves: 4 Adults**

Ingredients

- 1 x 400g / 14 oz. can of kidney beans
- 1 x 400g / 14 oz. can of chickpeas
- 1 x 400g / 14 oz. can of butter beans
- 1 x 200g / 7 oz. can of sweetcorn
- 1 medium red pepper
- 2 spring onions
- 2 teaspoons of wholegrain mustard
- Juice of half a lemon
- 1 teaspoon of olive oil
- 2 cloves of garlic
- Black pepper to season



What you will need

- Can opener
- Chopping board
- Chopping knife
- Mixing Bowl
- Sieve



Method

1. Using a sieve rinse all the beans and sweetcorn.
2. Chop the onion, garlic and pepper.
3. Mix together the mustard, lemon juice, olive oil, garlic and black pepper.
4. Add the beans, sweetcorn, onion and red pepper to the above.
5. Divide into 4 portions and serve. Option to serve with some couscous or rice.
6. Option to eat 1 portion then refrigerate/freeze the others for another day!



Source: www.safefood.net/recipes/mixed-bean-salad

