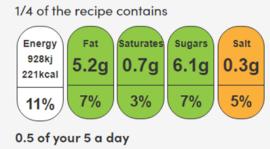
MIXED BEAN SALAD





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

Ingedients

- 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!



