

Warm Bean Salad

Serves 6-8 (as a side)

When fresh beans are in season, this is our favourite way to eat them. Beans are super healthy and affordable, they are high in antioxidants, fibre, B vitamins, iron, magnesium, potassium, copper and zinc, with the addition of beetroot, which adds a good dose of folate and has good detoxifying properties, this salad is a powerhouse of goodness and pairs well with just about everything! In particular pork.

Ingredients.

- 1 X 425g tin of four bean mix, rinsed and drained.
- 1/2 Red onion, thinly diced.
- 4 cloves of garlic, diced.
- 400g fresh green beans, washed and cut into 1" lengths.
- 100g streaky bacon, sliced thinly.
- 100g feta, sheeps or goats adds a nice tartness to the dish, but any will do.
- 100g pickled beetroot.
- 30g walnuts, roughly chopped.
- 2 Tbsp wholegrain seed mustard.
- 2 Tbsp Balsamic vinegar.
- 1 Tbsp olive oil.
- Parsley to garnish.

Method.

1. Put a pot of water to boil for your beans.
2. Prepare all of your ingredients.
3. Place your sliced bacon, onion and garlic into a saucepan and gently sauté for 5-10 minutes.
4. When your water has begun to boil, place your beans in for 3 minutes. When they are done, drain them and place them into a bowl of cold water for them to retain their colour. Once cooled, remove and place into a large serving bowl.
5. Add all your remaining ingredients into the bowl with the beans, when the bacon is ready place that into the bowl too. Stir everything together, season with salt and pepper and garnish with parsley.

Helpful tips

You could easily omit the walnut if you have allergies. The beetroot could be optional too, but we find the acidity it provides is great for balancing the bacon. If oranges are in season, some wedges of orange tossed through instead of beetroot works well. This salad keeps well for 4-5 days in the fridge.

Nutritional information (per serve)

Prep 10 minutes Cook 15 minutes.

Cal 257 Kj 1075

Carbs 23g

Fats 12g

Protein 12g