

Mixed Bean Salad

To make this salad you just combine different types of canned beans and vegetables and mix with a dressing. You can use fresh beans if you wish.



Celery and sulphites*

Nutritional information per portion (187g):

Energy	Fat	Saturates	Sugars	Salt
1168kJ 278kcal 14%	16g 22%	2.2g 11%	6g 7%	0.93g 16%

of an adult's reference intake.
Typical values per 100g: energy 625kJ/149kcal.

Equipment

Can opener
Sieve or colander
Large bowl
Large spoon
Chopping board
Sharp knife
Garlic crusher
Plastic jug or bowl
Scissors
Juice squeezer
(if using fresh lemon)
Measuring spoons
Small bowl
Whisk
Jar or container with
tight fitting lid (optional)
Serving bowl

Ingredients

Serves 4

1 x 210g can kidney
beans in water
1 x 400g can three bean
salad in water
1 x 210g can chickpeas
1 x 200g can sweetcorn
3 sticks celery
Dressing:
1 clove garlic
2-3 sprigs fresh tarragon
(optional)
1 small bunch (20g) fresh
parsley
1 small lemon
OR 2 x 15ml spoons
lemon juice
60ml olive oil

*Presence of allergens can vary by
brand – always check product labels.
If you serve food outside the home
you must make allergen information
available when asked.



Top Tips

- Make this salad in advance so the flavours have a chance to combine.
- Use any combination of different beans.

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Method

1. Drain the beans and sweetcorn and rinse in cold water. Drain again.
2. Mix the beans together in a large bowl.
3. Wash and dry the celery. Chop into 1cm pieces. Stir into the beans.
4. Peel and crush the garlic.
5. Use scissors to finely chop the tarragon (if using) and parsley.
6. Squeeze the juice from the lemon, if using fresh.
7. Put the olive oil, lemon juice, tarragon, parsley and garlic in a small bowl and whisk thoroughly to combine. Alternatively, place in a jar with a lid and shake until well mixed.
8. Pour the dressing over the salad and mix thoroughly. Transfer to a serving bowl.

Something to try next time

- Use chives instead of tarragon.
- Try adding cooked green beans, mangetout, sugarsnap peas or broad beans to the salad.
- Add some cooked new potatoes. Mix them with the beans whilst they are still warm so they absorb the dressing better.

Prepare now, eat later

- Make the salad up to 4 hours in advance and store, covered, in the fridge. Eat within 2 days.

Skills used include:

Washing, peeling, chopping, crushing, whisking, mixing/combining and serving.