

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

# Mixed Bean Salad

## 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.