

Bean Salad

Gluten free
Nut free
Vegetarian



Serves

8

Cooking time

20

Veg per serve



1.5



Swap feta cheese
for 1 avocado for
a dairy free salad.



Ingredients

125g can corn
kernels
400g can mixed
beans
1 capsicum
¼ red onion
150g green beans
100g feta cheese
½ bunch parsley
Pepper

Dressing
1 tablespoon red
wine vinegar
1 tablespoon olive
oil
2 teaspoons Dijon
mustard
2 teaspoons honey
¼ teaspoon dried
oregano

Equipment

Can opener
Strainer
Large bowl
Knife
Chopping board
Small bowl
Measuring spoons
Fork
Large spoon



Tasty learning for life



How to make it



1. Drain and rinse canned corn and mixed beans. Add to a large bowl.



2. Chop capsicum, $\frac{1}{4}$ red onion, green beans and 100g feta. Finely chop $\frac{1}{2}$ bunch parsley.



3. Add chopped ingredients to bowl and mix gently.



4. To make dressing: in a small bowl, add 1 tablespoon red wine vinegar, 1 tablespoon olive oil, 2 teaspoons Dijon mustard, 2 teaspoons honey and $\frac{1}{4}$ teaspoon oregano, and mix.



5. Pour dressing over salad and mix well. Add pepper to taste.



nom!