

Mixed Bean Salad

Serves 6

Preparation time: 10mins+ 2-3hrs to marinate

Ingredients:

For the salad:

432g can Black Eye Beans, drained
432g can Cannelini Beans, drained
432g can Red Kidney Beans, drained
432g can Chick Peas, drained

For the Dressing:

6 tbsp Sesame or Walnut Oil
3tbsp White Wine Vinegar
1 tbsp Runny Honey
Salt and Black Pepper to taste



Method:

- 1 Place beans and peas into a large serving dish
- 2 Mix together the dressing ingredients (or place in a jar and shake well).
- 3 Pour the dressing over the beans, mix well and leave to marinate for 2-3 hours before serving.
- 4 Serve on a bed of lettuce leaves with hot crusty bread.