



# Three Bean Salad

with pickled onion and crumbled cheese

Veggie Calorie Smart 20-25 mins • Optional spice

14



Red Kidney Beans



Cannellini Beans



Green Beans



Chilli



Onion



Lemon



Greek Style Cheese



Rocket



Balsamic Glaze



Red Wine Vinegar

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pan with lid, sieve, zester

## Ingredients

	2P	4P
Red Kidney Beans	1 pack	2 packs
Cannellini Beans	1 pack	2 packs
Green Beans	150 g	300 g
Chilli	1 unit	2 units
Onion	1 unit	2 units
Lemon	1 unit	2 units
Greek Style Cheese	100 g	200 g
Rocket	40 g	80 g
Balsamic Glaze	1 sachet	2 sachets
Red Wine Vinegar	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>661 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2439.3 kJ/ 583 kcal	369 kJ/ 88.2 kcal
Fat (g)	15 g	2.3 g
Sat. Fat (g)	9.7 g	1.5 g
Carbohydrate (g)	67.2 g	10.2 g
Sugars (g)	13.8 g	2.1 g
Protein (g)	34.8 g	5.3 g
Salt (g)	3.7 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
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### Pickle the Onion

- Halve, peel and thinly slice the **onion**.
- To a bowl, add the sliced **onion** and **red wine vinegar**.
- Mix in 2 tbsp hot **water**, ¼ tsp **salt** and ¼ tsp **sugar** (double all for 4p).
- Set aside to allow the **onion** to pickle.

**TIP:** *The thinner you slice the onion the better it will pickle!*



### Finish and Serve

- Toss the **kidney beans** and **cannellini beans** in the dressing and season to taste with **salt** and **pepper**.
- Drain the pickled **onion**.
- Divide the **salad leaves** between plates then pile the mixed **beans** and pickled **onion** on top.
- Scatter over the lemony **green beans** and crumble over the **cheese**.
- Finish with a drizzle of **balsamic glaze** and serve any remaining **lemon** wedges alongside.

### Enjoy!



### Get Prepped

- Drain and rinse the **kidney beans** and **cannellini beans** in a sieve.
- Trim the **green beans** then cut into thirds.
- Zest the **lemon**. Chop into thick wedges.
- Halve the **chilli** lengthways. Deseed and finely chop.
- In a large bowl, make your dressing by mixing 1 tbsp **lemon** juice and 2 tbsp **oil** (double both for 4p) together with the chopped **chilli** (use less if you don't like spice).



### Fry the Green Beans

- Place a pan over medium-high heat with a drizzle of **oil**.
- Once the pan is hot, add the **green beans**, season with **salt** and **pepper** and fry until starting to char, 2-3 mins.
- Add the **lemon** zest and a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **green beans** are tender, 3-4 mins. Once cooked, remove the pan from the heat.