

Bean Salad

bp's mix

alternatives

Ingredients – serves 2-4

- ½ Red onion
- 1 cucumber
- ½ parsley
- ½ cup chickpeas
- ½ cup kidney beans
- ½ cannellini beans
- ½ tbsp Olive oil
- ¼ tbsp red wine vinegar
- ½ tsp dried oregano
- ¼ tsp salt
- ¼ tsp pepper

Method

EASY!

- Chop all the cucumber, parsley and red onion, and add to the beans (drained, Olive oil, red wine vinegar, oregano, salt & pepper and mix thoroughly.
- Cover and let sit, infusing the flavours, for 5 minutes before serving.

Portion considerations
To satisfy your appetite.

- Woolies pre-prepared bean salad mix.
- Nut & seeds mix.
- Can of mixed beans (drained), combined with Woolies pre-prepared Tabouli.