

Mixed Bean Salad

With Coriander Sauce and Grilled Red Pepper



Ingredients:

200g/7oz kidney beans, cooked weight

200g/7oz haricot beans, cooked weight

200g/7oz chickpeas, cooked weight

1 bay leaf

1 clove garlic, peeled and halved

200g/7oz green beans, trimmed

1 red pepper, grilled and cut into slivers

1 red onion, finely chopped

For the dressing:

50ml/2fl oz vegan double cream

1 tbsp vegan mayonnaise

Juice of half a lemon

3 tbsp coconut milk

2 cloves garlic, crushed

Small handful fresh coriander leaves

freshly ground black pepper

Instructions:

If using dried beans, soak them overnight. Next day, place in a saucepan, cover with fresh cold water, add the bay leaf and garlic. Bring to the boil, then reduce the heat and simmer for 1.5 hours, until the beans are tender. Drain and set aside.

Cook the green beans in a pan of boiling water until just tender. Drain and set aside.

Make the dressing by mixing the cream, mayonnaise, lemon juice and coconut milk until well amalgamated. Add the crushed garlic and season with pepper. Mix in the beans until well coated. Mix in the green beans until well coated. At the final moment, add the red pepper slivers, the coriander, and the red onion. Serve warm or cold.

Our GreenTEA food team member Les Swarbrick entered this delicious dish to our plant-based food competition in 2023.



**Wholesome
Plant Diet**

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More plant-based recipes available on our GreenTEA food page:

<https://eynsham.org.uk/org.aspx?n=GreenTEA&id=1002>