

## MIXED BEAN SALAD (VE)

An easy-to-prepare, colourful plant-based salad.

Serves 4

Per serving: 450 Calories (approx.)

Prep time: 5 mins

## INGREDIENTS

*For the salad:*

1 x 400g can Chickpeas, drained and rinsed  
1 x 400g can Red Kidney Beans, drained and rinsed

½ x can Sweetcorn, drained but reserve the juice for the dressing

½ red pepper

6 cherry tomatoes, halved

6 Spring onions, chopped

4 sticks of celery, chopped

Pieces of cucumber chopped into small pieces

Freshly ground black pepper

Fresh Basil leaves, torn or chopped

*For the dressing:*

The juice from the tin of sweetcorn

Balsamic vinegar

## METHOD

1. Place all the ingredients into a large bowl and mix together.
2. Make a dressing by mixing the juice from the tin of sweetcorn with Balsamic vinegar
3. Serve chilled.

