

Cannellini & Green Bean Salad

Serves: 4-6

From the Garden: beans, spring onions, parsley/basil

Ingredients:

1 x 400g tin cannellini beans
150-200g fresh green/butter/snake beans
2 spring onions
sprig of parsley/basil
1 quantity dressing

Equipment:

Basic toolbox, chopping board, medium saucepan, colander, large bowl

Method:

1. Fill medium saucepan with water, place on stove burner and place on high heat. Bring to the boil.
2. Wash and trim beans, cut into bite sized pieces. Place carefully into boiling water and cook for 3-4 minutes until bright green, and still a bit crispy. ***Drain off water*** Allow to cool.
3. Open tin of beans and pour contents into strainer holding it over the sink. Allow excess liquid to drain away. Rinse under cold water and then shake off excess water.
4. Wash and dry spring onions thoroughly. Slice finely and set aside.
5. Wash and dry herbs thoroughly. Chop finely and set aside.
6. Make quantity of dressing in a large bowl and whisk.
7. Add cannellini beans, cooked green beans and herbs and toss to coat all the ingredients.
8. Place into a serving bowl and garnish with an extra sprig of herbs.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: created by Jacky Cronin, Wodonga West Primary School