

MULTI BEANS SALAD


Serving Size: 2 Preparation Time: 30 minutes





INGREDIENTS

METHOD

Salad

- ½ cup cooked chickpeas (75g)
- ½ cup cooked red beans (75g)
- ½ cup cooked kidney beans (75g)
- ½ cup cooked green beans (75g)
- ½ cup cooked black beans (75g)
- red onions diced (100g)
- 1 tomato, diced
- 1 cucumber, diced
- HCS lower-sodium salt to taste 
- pepper to taste

Dressing

- 1 tbsp lemon juice
- 10 pieces mint leaves, chopped
- 4 tbsp HCS yoghurt 
- 1 tbsp HCS oil 

1) Soak all the 5 types of beans together in cold water overnight.

2) The next day, wash the beans and place in a pot. Fill with enough water to cover the beans and add ½ tsp salt. Boil the beans for about 20 minutes till they are half cooked. Then drain the beans.

3) Place the beans, cucumber, tomato and red onion in a bowl.

4) Add salt and pepper to taste.

5) Add the oil, lemon juice, yoghurt and mint leaves. Mix well and serve.

