

Tangy & Spicy Mixed Bean Salad ①

This healthy vegetarian dish makes a great side dish or a starter (add cubed cheese of your choice). It is quick to make and adds colour and variety to a summer buffet or a barbeque, and makes a good accompaniment to pastry based appetisers with cocktails.

Total Time: 10mins Preparation: 10mins Cook: N/A

INGREDIENTS

- 400g can chickpeas, drained
- 400g can butter beans, drained
- 400g can cannelloni beans, drained
- 1 clove garlic, peeled & finely chopped
- 2 tbsp. red onion, finely chopped
- ½ green pepper, deseeded & chopped
- ½ yellow pepper, deseeded & chopped
- ½ red pepper, deseeded & chopped
- 1 tbsp. chopped coriander leaves
- 1 tbsp. chopped mint leaves
- 2 tbsp. Hibiscus Lily 'Tangy & Spicy' Date & Tamarind Chutney
- 2 tbsp. oil (extra virgin olive oil, toasted sesame seed oil or walnut oil)
- Juice of half lemon
- Sea salt & coarsely ground black pepper according to taste



METHOD

- 1 Tip all the canned beans into a large sieve and rinse well under cold water tap and add to a large bowl.
- 2 Mix together garlic, onion, green pepper, yellow pepper, red pepper, coriander leaves, mint leaves and add to the bowl with the beans.
- 3 Mix together tangy and spicy chutney, oil, lemon juice, coriander leaves, mint leaves, sea salt and pepper in a small bowl and add to the large bowl with beans.
- 4 Mix well and serve garnished with a few coriander and mint leaves.
You can also add toasted seeds or toasted chopped nuts of your choice.