

Bean and spinach salad

A simple lunch recipe with lots of crunch

Preparation: 35-40 minutes

Serves: 1

Nutrition per serving:
285 calories

Ingredients:

- 80g cooked, trimmed fine beans
- 80g canned kidney beans
- 80g canned chickpeas
- ¼ small red onion
- 1 medium carrot
- 1 celery stick
- 1 tbsp balsamic vinegar
- fresh basil
- baby leaf spinach

Method:

1. Mix 80g cooked, trimmed fine beans, 80g each canned and drained kidney beans and chickpeas, ¼ small sliced red onion, 1 medium grated carrot, 1 sliced celery stick, 1 tbsp balsamic vinegar and a handful of chopped fresh basil.
2. Marinate for 30 mins then serve on a large handful of baby leaf spinach.

