

# Recipe: Butter bean salad

Fall in love with beans. This dish can be made in many ways depending on what ingredients and how much time you have. You can use a can of butter beans or cannellini beans, red, white, or spring onion and can use whatever herbs you have. You can also add or leave out ingredients like feta\*, nuts (cashews work well in this recipe) \* or a squeeze of lemon or lime. Fresh baby tomatoes are used, but this can also be made with any tin of tomatoes too. In this recipe we bake the beans and tomatoes, but for a fresh summer salad you can make this fresh without any cooking at all!



## Ingredients

- Tin of butter or cannellini beans (rinsed and drained)
- Handful baby tomatoes (or 1 tin tomatoes) and ½ onion (sliced)
- 1 tbsp olive oil (or butter)
- Squeeze lemon (optional)
- Pinch of herbs

## Method

- Add the beans, sliced onion, tomatoes, and olive oil to an oven-proof dish.
- Bake in a pre-heated oven for 10min at 160°C (or in the air-fryer)
- Then pour the bean mixture into a serving dish and finished with a squeeze of lemon and pinch of herbs.
- This can be eaten on its own as a side (or snack) and goes well with pitta bread\*.

\*Please note this food is or may contain one or more of the 14 common food allergens.



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