

## FULL OF BEANS SALAD

HEALTHY



Serves 8



Prep Time 15 minutes



Cook Time 6-7 minutes



### INGREDIENTS

- 700 g bag **Wattie's** frozen Full of Beans
- 425 g can **Craig's** Four Bean Mix, drained and rinsed
- 1 small red onion, thinly sliced
- 1 red capsicum, deseeded and sliced
- 1 handful Italian parsley leaves

### METHOD

1. Put **Wattie's** frozen Full of Beans in a microwave proof dish. Cover and cook on high for 5 minutes. Remove and toss the vegetables over. Cover and return to the microwave for a further 3-4 minutes until the vegetables are crisp and tender. Drain off any excess water and place in a large bowl.

## Dressing

- ½ cup olive oil
- 1 small clove garlic, crushed
- ⅓ cup cider vinegar
- 1 tsp liquid honey

2. Add **Craig's Four Bean Mix**, red onion, red capsicum and parsley leaves. Toss the dressing through the salad while the vegetables are still warm. Chill before serving.

## Dressing

Whisk the oil, garlic, cider vinegar and honey together. Season to taste.

*\* This recipe is classified as Gluten Free. To the best of our knowledge, the ingredients used in this recipe including the Heinz Wattie's products do not contain any added cereals containing gluten or ingredients derived from cereals containing gluten. It is important to carefully read ingredient labels on food products because foods can sometimes be reformulated and the ingredients, allergens or nutrition information can sometimes change without notice.*