

Bean Cravin' a Salad?

– a simple recipe - perfect for Lunch or a Summer Dinner

Shop | Pack | Prep | Eat

Shop

- **Beans or Legumes?** | Beans, Lentils, Chickpeas, etc – tin, sachet or cup
- **Yummy Yellow** | Small tin of Corn Kernels (or a carrot, if you're not a corn fan)
- **Something Green** | Parsley, Rocket, Capsicum, Cucumber, Snow-peas
- **Dress it up** | Small tub or bottle of Balsamic Vinegar (or oil-based salad dressing) or simply choose a flavoured tuna and/or flavoured bean/legume option
- **Optional** | Small sachet of Tuna – plain or flavoured
- **Optional** | Cheese Sticks
- **Optional** | Savoury crackers or soy crisps to enjoy on the side

Top Tips! - wrap herbs/vegies in a square of paper towel to absorb sweating
- choose a flavoured tuna variety (no need take any dressing)



Pack

- Remove any extra packaging to reduce weight and rubbish
- Arrange all the items on a bandana and tie up
- You'll just need a bowl and a spork
- No need to pack a chopping board and knife – you can utilise the Team set supplied by Somerset
- *Top Tip!* – pop in a 2nd-hand plastic bag or small container to use for your rubbish



Prep

- Untie your bandana and use as a make-shift tablecloth / work-space
- Grab out your bowl and spork and the Team knife/board
- Drain any excess liquid from your Corn, Beans, Tuna & pop into your bowl
- Chop your Greens and Cheese & pop in to your bowl
- Drizzle on the Dressing

Eat and Enjoy

Yum! - Tasty and Energising.