

# Broccoli & bean salad

Makes 4 servings



## Ingredients (allergens in bold)

- 1 head of broccoli – broken into florets
- 100g fine green beans – trimmed
- 100g fresh or frozen broad beans – boiled until soft
- 50g cherry tomatoes – halved
- 50g reduced fat Feta cheese – cubed

## For the dressing:

- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 teaspoon wholegrain **mustard**
- 1 teaspoon honey
- 1 clove garlic – crushed
- ground black pepper

## Method

1. Blanch the prepared broccoli and fine green beans by putting them in a pan of boiling water. Leave for 1 minute, drain and plunge into cold water. This will stop the cooking process and keep the colour of the broccoli.
2. In a measuring jug, thoroughly mix all the dressing ingredients with a fork.
3. Put all the prepared salad ingredients into a mixing bowl. Pour the dressing over them. Toss the salad ingredients together and serve immediately.



## Equipment

- 2 saucepans with lids
- colander
- chopping board
- sharp knife
- measuring jug
- fork
- mixing bowl
- teaspoon

## Recipe notes and tips

- Broccoli, beans and cherry tomatoes are all easy to grow in a school garden so this is a great cook-to-eat recipe
- Feta cheese is quite salty so don't add any extra salt as seasoning.