



HEARTY 3-BEAN SALAD

Serves 6-8

INGREDIENTS

2 cups IMBO White Kidney Beans, soaked overnight
1 tin red kidney beans, drained
2 cups fresh green beans
¼ cup red onion, thinly sliced
2 tbsp chopped parsley, plus extra for garnish
6 tbsp olive oil
2 tbsp apple cider vinegar
1 tsp honey
Salt and pepper, to season

METHOD

1. Drain and rinse the soaked IMBO White Kidney Beans. Place them into a medium pot and cover in water. Bring to the boil, reduce the heat and allow to simmer until the beans are just tender, about 30-40 minutes. Drain and pat dry.
2. Fill another pot halfway with water and bring to the boil. Slice the green beans in thirds and place them into the boiling water for 3-5 minutes. Drain the tender beans in a colander and run under cold water for a minute. Pat dry with paper towel.
3. In a large mixing bowl, combine the cooked white kidney beans, red kidney beans and fresh green beans. Add the red onion and parsley and stir to combine.
4. In a small jar with lid, blend the olive oil, apple cider vinegar and honey. Season to taste with salt and pepper and pour the dressing over the beans. Toss to coat, cover the bowl and refrigerate for 2 hours.
5. Spoon the dressed 3-bean salad into a serving bowl, garnish with parsley and serve at a braai with chops and roasted vine tomatoes and ENJOY!