

Butter Bean Salad

Season: All

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: shallots or spring onions, soft herbs

This dish illustrates that there are some convenience foods, such as canned beans, that deserve a place in the pantry, especially in the winter months. Classic French bistro additions include finely chopped spring onion or shallot, plenty of chopped parsley and/or chives, some extra-virgin olive oil and a very small amount of red wine vinegar.

Note: You can use other herbs and small leaves, depending on what's growing in your garden.

Equipment:

clean tea towel
chopping board
cook's knife
metric measuring spoons
can opener
colander
large bowl
mixing spoon
salad bowl

Ingredients:

3 x 400 g cans butter beans
3 spring onions or shallots,
finely chopped
1 small handful of herbs, such as
parsley or chives, roughly chopped
2 tbsp extra-virgin olive oil
splash of red wine vinegar
pinch of salt, to taste
pinch of black pepper, to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Open the cans of beans and tip them into the colander. Rinse (you can reserve the rinsing water and use it on the garden) and tip into the large bowl.
3. Add the spring onion or shallot along with the herbs.
4. Add the olive oil, a splash of red wine vinegar and a pinch each of salt and pepper. Stir gently to combine the ingredients and taste, adding more salt and pepper or olive oil as needed.
5. Spoon into a salad bowl and serve.

