

Green Bean Salad

Serves: 8

Prep time: 10 minutes

Cook time: 5-10 minutes



1 serve per portion

Ingredients

500g green beans, fresh or frozen

½ red onion, finely sliced

1 red or yellow capsicum, thinly sliced

2 celery stalks, thinly sliced

4 sprigs parsley or basil

1 tablespoon sweet chilli sauce

1 teaspoon black pepper, freshly ground

½ red chilli (optional)

Method

BRING a saucepan of water to the boil. Once boiled, add the green beans and cook so they are still crunchy to bite and are bright in colour (about 5 minutes). Drain and cool the beans in the refrigerator.

COMBINE the green beans, onion, capsicum, celery and the parsley or basil in a large bowl. **STIR** through the sweet chilli sauce, add the pepper and chilli to taste.



Everyday Food

Recipe Courtesy of Meg Trumble, Freshwater Branch