# A picture containing food, table, meal, floor Description automatically generated**Mixed bean salad served with a garlic infused flatbread, hummus dip and Dijon dressing**

**Ingredients**

**Salad**

1 carrot

½ small red onion

100g green beans

½ clove garlic

50g cherry tomatoes

50g red kidney beans

50g cannellini beans

1 ball of reduced fat mozzarella

**Hummus**

400g can chickpeas

3 x 15ml spoons tahini paste\*

1 clove garlic

1 lemon or 2-3 x 15ml spoons lemon juice

from a bottle

2-3 x 15ml spoons water

Black pepper

**Flatbreads**

100g plain flour (plus a little extra for when rolling out)

100g low fat Greek yoghurt

1 garlic clove

**Dressing**

20ml olive oil

20ml lemon juice

1 x 5ml spoon Dijon mustard

Black pepper

*\*Tahini is made from sesame seeds, do not use if allergic to sesame seeds. Greek yogurt can be used instead.*

**Equipment**

Peeler, vegetable knife, chopping board, colander or sieve, small saucepan, lemon juicer, measuring spoons, food processor, mixing bowl, mixing spoon, rolling pin, frying pan, small mixing bowl, large mixing bowl/serving dish.

Method

1. Prepare the vegetables for the salad:
   * top and tail, peel and grate the carrot;
   * peel and finely dice the onion;
   * top and tail the green beans, if necessary, and cut in half;
   * peel and crush or chop the garlic;
   * slice the tomatoes in half;
   * drain and rinse the kidney and cannelloni beans;
2. Boil 200ml water and add the green beans. Cook for 3-4 minutes or until tender. Once cooked, drain and rinse under cold water to cool.
3. Prepare the hummus:
   * drain and rinse the chickpeas;
   * peel and crush the garlic;
   * juice the lemon, if using fresh lemon;
   * place the chickpeas, garlic, lemon juice, tahini and water in a food processor and blitz until smooth.
4. Prepare the flatbreads:
   * peel and crush the garlic;
   * place the Greek yogurt, plain flour and garlic in a bowl;
   * season with black pepper and mix until combined and the dough is smooth;
   * knead the dough gently for 1-2 minutes and then divide into 4 even sized balls;
   * on a lightly floured surface, flatten or roll each ball into ovals.
5. Heat a frying pan and when hot, dry fry the flatbreads on each side for 2 minutes.
6. Make the dressing:
   * peel and crush or chop the garlic;
   * juice the lemon, if using fresh lemon;
   * combine the garlic, olive oil, Dijon mustard and lemon juice in a small bowl. Season with black pepper.
7. Assemble the salad:
   * place the kidney beans, cannellini beans, green beans, grated carrot, cherry tomatoes, red onion and garlic in a bowl or serving dish and mix.
8. Slice the mozzarella and add to the salad.
9. Serve the salad alongside the hummus, dressing and flatbreads.

**Top tips**

* Add some extra fibre to the flatbreads by swapping half the white flour for wholemeal flour (you may need to use a little more yogurt for the same result!)
* If you don’t have tahini available, you can use Greek yogurt and a little sesame oil to achieve a similar consistency and flavour (if allergic to sesame, just use Greek yogurt to thicken). You could also use a nut butter like cashew or peanut butter (being aware of any peanut or tree nut allergies).
* Why not try different vegetables in the salad? If you’ve got any that might otherwise go to waste, you might want to use those.