



MEDITERRANEAN BEAN SALAD

with creamy lemon dressing and pita bread

Ingredients

For the Mediterranean Bean Salad

420g can Four Beans Mix
1 cup cherry tomatoes, halved
1/3 cup roasted red pepper, drained
and sliced
1 orange capsicum, diced
1 cucumber, diced
½ cup crumbled feta
Handful of fresh mint
Handful of fresh parsley
4 green onions
½ small red onion, diced
Wholegrain pita bread

For the creamy lemon dressing

¼ cup EVOO
½ cup plain Greek yoghurt
2 tablespoons red wine vinegar
1 lemon, juiced
Salt and pepper to taste
1-2 teaspoons spice to taste, such
as oregano or sumac

Directions

1. Wash and dice the capsicum, onions, cherry tomatoes, cucumber, mint, parsley. Drain the four beans mix. Drain and slice the roasted red pepper. Combine all into a bowl, and crumble over feta.
2. To make the dressing, combine the EVOO, yoghurt, red wine vinegar, juiced lemon and spice to taste. Toss into vegetable salad.
3. Serve with pita bread on the side, or refrigerate in an airtight container.

READY IN: 20MIN

SERVES: 6-8

Notes

- Leave out the yoghurt and feta to make this recipe dairy free
- Great as a side dish, or add shredded chicken or canned tuna for extra protein
- Substitute or add vegetables according to what's available – carrot, celery, radish, zucchini, snow peas, lettuce, green beans are also great additions!
- Serve with hummus for an extra kick