

BEAN, BASIL AND FETA SALAD

Equipment needed –

Large bowl, small knives, chopping boards, measuring cups, colander, measuring spoons, large saucepan, jar with lid, salad spinner, scissors and 3 serving platters.

Ingredients from the Garden –

- 800 grams of beans
- 2 x 400 gram cans of cannellini beans
- 1 large bunch of basil, leaves picked

Ingredients from the Pantry –

- 1/2 cup olive oil
- 2 tablespoon white wine vinegar
- 2 teaspoon of wholegrain mustard
- Freshly ground pepper
- 125 grams of feta cheese

What to do –

1. Fill a large saucepan up with water and bring to the boil.
2. Chop the ends off the beans and place in a large saucepan of boiling water and cook for 3-4 minutes until the beans are bright green.
3. Drain the beans in a colander over the sink and refresh with cold water. Transfer the cooked beans to 3 serving platters.
4. Open the cans of cannellini beans and empty into a colander over the sink. Rinse well with cold water and set aside to drain. Scatter the cannellini beans evenly over the green beans.
5. Crumble the feta cheese then sprinkle over the platters of beans.
6. Pick and wash the basil leaves using a salad spinner, then chop using scissors and a cup. Scatter the basil leaves over the beans.
7. To make the dressing, measure out ½ cup of olive oil, 2 teaspoons of mustard, 2 tablespoons of white wine vinegar and place in the jar. Season well with salt and freshly ground pepper. Put the lid on the jar and shake well to combine. When ready to serve, drizzle the dressing over the 3 plates of salad then serve.

Serves –

- 28 students.