



Mixed Pulse & Bean Autumn Salad

made with mixed beans, lentils and chickpeas



ingredients

(makes for 6-8)

Prep time 30mins

Assembly time: 5 mins

Ingredients

3 leeks
1 cup olive oil
4 cloves of garlic, finely chopped
250g green beans sliced into + 5cm pieces
250g soya beans - frozen is fine
250g broad beans, popped out of their skin
2 tins of mixed beans
1 tin chickpeas
250g puy lentils, boiled
1 bunch spring onions, chopped
good handful of parsley, chopped
Juice of 1 lemon, plus extra
freshly ground pepper and salt to taste

how to make it...

1. Wash the leeks well and cut into 1cm/½" rings. Rinse again to remove any soil.
2. Place them in a saucepan with the olive oil and cook together until the leeks have softened and are golden brown.
3. Add the garlic and fry for a minute or two until it is transparent. Set the pan aside to cool.
4. Drop the green beans into a pan of boiling water until just softened but still crunchy. Drain and set aside.
5. Boil and drain the soya and broad beans, remembering to pop the broad beans out of their skins so that the beans are bright green rather than grey-ish.
6. Drain tins of mixed beans and chickpeas. Place the green beans, broad beans, soya beans, chickpeas, mixed beans and lentils in a large bowl.
7. Add the parsley, spring onions, cooked leeks and garlic to the bowl. Season with lemon juice, salt and pepper to taste.
8. Mix everything together, being careful not to break the pulses. Season to taste one last time before serving.

Recipe from: www.cookeryschool.co.uk



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super
salads




Packed full of protein from the chickpeas, beans and lentils - this pulse salad makes the ideal lunchtime dish or as a side salad for dinner.



Chickpeas are a rich source of vitamins, minerals and fibre, chickpeas may offer a variety of health benefits, such as improving digestion and aiding weight management.

Lentils are packed with B vitamins, magnesium, zinc and potassium.

Mixed Pulse & Bean Autumn Salad



Rich in iron from the broccoli and the asparagus - this Autumn frittata will surely brighten up any mid week dinner or lunch. Take to work the next day too!

Serve with homemade tomato chutney, relish or with a side salad of rocket, tomatoes and peppers.

Simple Autumn Vegetable Frittata



Simple Autumn Vegetable Frittata

made with new potatoes, courgettes, broccoli and asparagus

ingredients

(serves 6)

Prep time: 30 mins

Cooking time: 30 mins

Ingredients

¼ cup olive oil
1 lb/450g onions, sliced
1 lb/450g new potatoes left whole if small or cut into 2" chunks if large
1 lb/450g courgettes, sliced into rings
1lb/450g asparagus or broccoli (or both!), chopped into bite-sized pieces
8 eggs
½ cup parsley, chopped
1 small bunch fresh oregano or 1 tablespoon dried oregano
Freshly ground salt and pepper

how to make it..

1. Fry the onions in olive oil until golden brown. Set aside.
2. Boil the new potatoes until tender. Allow to cool a little.
3. Boil courgettes and any other green vegetables. Allow to cool a little.
4. Beat the eggs until foamy.
5. Turn oven on to 200°C.
6. Mix together the fried onions, boiled potatoes, boiled vegetables, parsley, oregano and salt and pepper to taste. Pour the mixture into a high-sided ovenproof dish of about 8" diameter.
7. Cook the frittata for about 30 minutes in oven. Insert a knife into the centre of the dish. If it comes out clean with no raw egg sticking to it then the frittata is ready for serving. If not, return the frittata to the oven for 5 minutes and check again whether the knife comes out clean.
8. Serve straight from the dish with a green salad or roasted peppers.

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Made with fresh herbs including parsley & oregano

Parsley contains several important vitamins - A, K, and C

simple
lunches



A super green frittata packed with nutritious veg. A great source of iron, vitamins K and C, and a good source of folate!