



Mediterranean bean salad

Recipe by V-ZUG Ltd.



Preparation
Cooking
time
Portions 4

A summer salad with thick white beans, cucumber, datterini tomatoes, celery and capers – fresh, flavoursome and easy to make.

Beans

150 g dried thick white beans

Water for soaking

100 ml water

Salad

1 lemon, grated zest and juice

70 ml white balsamic vinegar

80 ml olive oil

1 tsp sugar

1 tsp salt

Some pepper

red onion, finely chopped

1 clove of garlic, finely chopped

1 tbsp capers, finely chopped

½ cucumber, quartered, cored and chopped into about 2 cm chunks

2 stalks of celery, cut into about 5 mm wide chunks

200 g Datterini tomatoes, sliced

5 sprigs of basil, leaves plucked and cut into fine strips





5 sprigs of flat-leaved parsley, cut into fine strips

