



## **Big bean salad**

Serves 4-6

These New Guinea beans are the biggest beans I've seen! They are kind of like a firmer zucchini, making them really versatile to cook with; with their subtle flavour. Grate them, roast them, or fry them up – like in this recipe...

### Ingredients:

- New Guinea Bean (cut the bean into a piece about 10cm in length)
- ½ cup pearl couscous (cook according to instruction on the packet)
- ½ red onion, diced
- 1 tomato
- ½ block of fetta
- toasted seeds
- alfalfa sprouts (or any leafy herb from your garden)
- Olive oil and Balsamic vinegar
- Bag of leafy greens

### Method:

1. Drizzle a little olive oil into a frying pan and on a medium heat, fry up the diced onion.
2. Slice up the new guinea bean into small slices and add to the onion. Fry up until golden brown.
3. Grab a large flat bowl, mix together the greens with cooked pearl couscous.
4. Add sliced tomato, crumble in fetta and toss in alfalfa sprouts/chopped herbs.
5. Toss into the salad the cooked New Guinea Beans and onion.
6. On a frying pan on a medium/low heat (no oil) toast your seeds (sunflower/pumpkin seeds) until golden brown. Sprinkle over the salad.
7. Drizzle over olive oil and balsamic vinegar. Enjoy!