

Super Summer Salad

Perfect as we head towards the BBQ season

400g black beans, drained
2 large handfuls baby spinach leaves, roughly chopped
500g heritage tomatoes, chopped into large chunks
½ cucumber, halved lengthways, seeds scooped out and sliced on an angle
1 mango, peeled and chopped into chunks
1 large red onion, halved and finely sliced
6-8 radishes, sliced
2 avocados, peeled and sliced
100g feta, crumbled
Handful of herbs (reserved from the dressing)

For the dressing

Large bunch mint
Small bunch coriander
Small bunch basil
1 fat green chilli, deseeded and chopped
1 small garlic clove
100ml extra virgin olive oil or rapeseed oil
2 limes, zested and juiced
2 tablespoons white wine vinegar
2 teaspoons honey

Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.

