

Two bean, carrot and coriander salad

Serves 4 as a main, 8 as a side

Ingredients

1 can beans*
4 - 6 carrots (500g)*
150 – 200g fresh green beans (optional)
1 clove garlic, peeled and roughly chopped
1 teaspoon cumin seeds
1 lemon*
2 tbsp olive oil + extra for sautéing
sea salt and freshly ground black pepper
small handful fresh coriander (cilantro) leaves
salt and pepper

What to do

1. Drain and rinse the beans.
2. **The dressing:**
 - a. Dry toast the cumin seeds and then grind them in a pestle and mortar.
 - b. Mince, crush or finely chop the garlic.
 - c. Grate the zest of the lemon and squeeze the juice out of one half.
 - d. Combine all these ingredients with the cumin seed and add 30ml olive oil.
3. **Prepare the vegetables**
 - a. If using, trim the green beans and bring to a boil in lightly salted water. Reduce heat and simmer for 5 minutes.
 - b. Remove from heat, blanch and set aside.
 - c. Peel and cut the carrots into match sticks.
 - d. Heat a wok or frying pan over a high heat, and add olive oil. Toss in and sauté the carrot sticks until they start to soften and brown (or char a little).
4. **Assemble the salad**
 - a. Add the beans to the wok and allow to quickly heat through and add the dressing so that the vegetables (especially the carrots) absorb the flavour.
 - b. Top with a handful of roughly torn coriander and serve either warm or at room temperature, squeezing the rest of the lemon juice over the salad.

Notes

- The original recipe on which this was based, called for cannellini beans. I have subsequently used red kidney beans. If this is a “pantry” supper, use what you have.
- This is a good way to use those giant carrots that you discover hidden in the bunch or in lurking in the vegetable patch.
- For dried beans, use 180g; cook in the usual manner, drain and set aside
- Lime can be substituted for lemon

