



LOVES FOOD

WHITE BEAN SALAD

INGREDIENTS:

- 2 cans of white beans (serves 6 people)
- 1 small onion chopped
- 1 teaspoon of crushed garlic
- 1/2 cup of fresh chopped fresh parsley
- Juice of one lemon
- 3 tablespoons of white vinegar
- A pinch of salt
- A pinch of black pepper

METHOD:

1. Pound the garlic and allow it to sit in a cup with the lemon juice and vinegar so as to "cook" it a bit
2. Wash and strain your beans and place them into a bowl
3. Add the garlic, lemon juice and vinegar, salt, black pepper, onions and parsley.
4. Mix them all together and voila!

SERVING SUGGESTION

This salad makes a wonderful side to any meal but is best served at a braai. Take this to the next one you're invited to and you wont want for braai invitations.

Enjoy!

With love,
From Famous Warrior's kitchen