

Bean salad - Feeds 4



Ingredients

- 1 cup green beans
- 1 cup diced tomato
- 1 cup cooked chickpeas
- 1 cup cooked mixed beans
- 2 cups of rocket or lettuce

- 2 tablespoons olive oil
- 1 tablespoons vinegar
- 1 teaspoons mustard
- 4 slices of toast
- 4 cheese slices

Equipment

1 Prepare dressing

Labels: Olive oil, Mustard, Vinegar

Text: Add olive oil, vinegar & mustard

Text: Mix dressing

2 Add 1 tablespoon of water to the green beans and microwave

3 Add tomatoes

4 Add cooked green beans



5 Add mixed beans



6 Add chickpeas



7 Add rocket or lettuce

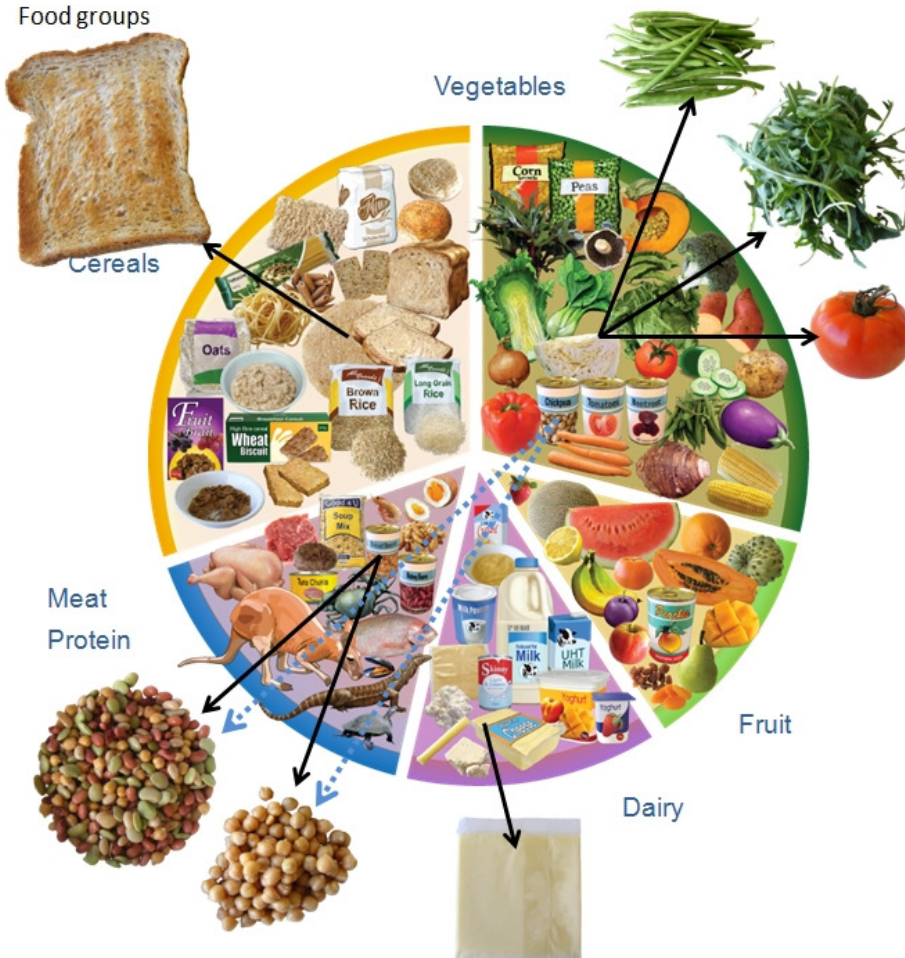


8 Pour dressing onto salad and mix

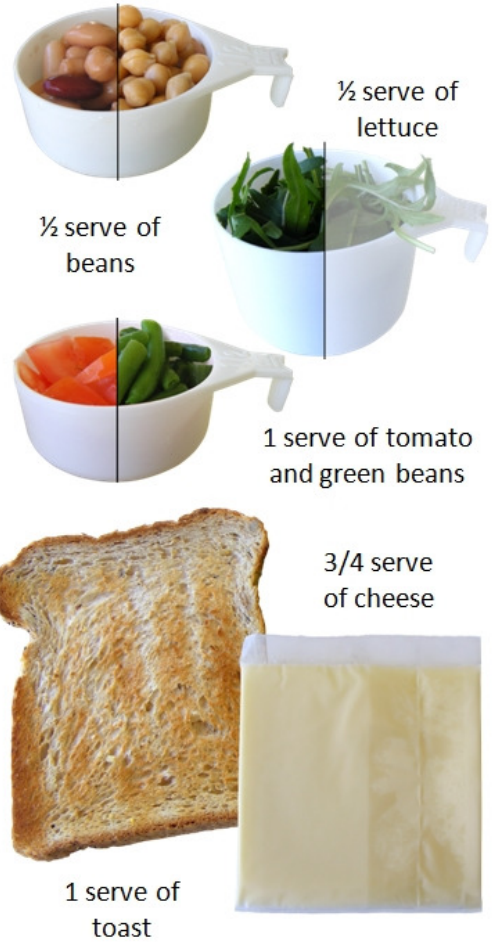


9 Serve with toast and cheese

Food groups



Serves in 1 portion of bean salad



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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