

RECIPE FOR HAPPY BELLIES :)

SPICY BEAN SALAD

30	ml sunflower oil	£0.03
1	red onion, in small wedges	£0.06
1	tin mixed beans, drained	£0.33
½	pkt cherry tomatoes	£0.40
1	tsp coriander seeds	£0.05
¼	tsp chilli flakes	£0.05
½	lemon	£0.10
1	courgette, cubed	£0.34
1	sweet potato, cubed	£0.47
¼	pkt frozen peppers	£0.20
1	romaine lettuce	£1.00
½	cucumber	£0.25
1	small tub plain yogurt	£0.25
1	clove garlic	£0.03
1	tbsp budget mint sauce	£0.25
		<u>£3.81</u>

4 PORTIONS = 95p/PORTION

METHOD: Halve tomatoes and grill on a baking sheet until bursting. Soften sweet potato by boiling for 3-4 mins. Meanwhile, toast coriander seeds and chilli flakes in a dry pan until aromatic, then crush with a mortar and pestle or coffee grinder. Mix with oil and return to pan. Add courgette and onion, drain sweet potato thoroughly and add. Carefully add tomatoes and beans, along with the lemon zest and juice. Turn down heat and allow beans to warm through gently. Turn off heat, so that mixture is warm but not hot. Peel and dice cucumber, and mix with yogurt and mint sauce. Grate in garlic. To serve, lay whole leaves of lettuce and fill with the salad mixture, topping with the cucumber and yohurt dressing.