

Greek Salad with Beans

Calories: 212 kcal

Servings: 1

Time: 8 Mins

Ingredients

- 30.00 g Baby Spinach
- 15.00 g Green Beans
- 20.00 g Kalamata Olives
- 40.00 g Lebanese Cucumber
- 10.00 g Red Onions (finely cut)
- 2.00 g Salt and Pepper (to season)
- 30.00 g Tomatoes

Instructions

1. Blanch beans by boiling in water for 3 minutes.
2. Cut cucumber, tomato, beans and red onion. Combine all ingredients in a bowl.
3. Season with salt and pepper and serve with a dressing of your choice if desired. Notes
4. 1. Cut Avacodeo 2. Add salt & pepper
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6. Changing the cheese or cheeses you use! A combination of mozzarella and parmesan is great, or a little blue cheese or camembert will be gooey and delicious Adding your favourite spice combination You could try some mexican spices, a few indian spices like coriander and cumin, or a bit of paprika and sumac. It all depends what you're serving this with but get creative! These little side breads are also great on their own, and you can up the protein by adding in some diced ham or bacon to them delicious breakfast to grab and go.

Equipment

- stirrer
- grinder