

Epic summer salad



Prep: 10 mins



Easy



Serves 6



Ingredients

400g black beans, drained

2 large handfuls baby spinach leaves, roughly chopped

500g heritage tomatoes, chopped into large chunks

½ cucumber, halved lengthways, seeds scooped out and sliced on an angle

1 mango, peeled and chopped into chunks

1 large red onion, halved and finely sliced

6-8 radishes, sliced

2 avocados, peeled and sliced

100g feta, crumbled

handful of herbs (reserved from the dressing)

For the dressing

large bunch mint

small bunch coriander

small bunch basil

1 fat green chilli, deseeded and chopped

1 small garlic clove

100ml extra virgin olive oil or rapeseed oil

2 limes, zested and juiced

2 tbsp white wine vinegar

2 tsp honey

Method

- Step 1** Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.
- Step 2** Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.

