

Miele

Three bean salad with charred lemon salsa

By Miele

10 minutes

Preparation Time

5 minutes

Cooking Time

6 serves

Serves



INGREDIENTS

Charred lemon salsa

- 1 lemon, cut into 1 cm rings
- 1 jalapeno, halved and deseeded
- 2 tbsp finely chopped green olives
- 2 garlic cloves, crushed
- 1 tbsp finely chopped parsley
- 1 tbsp finely chopped basil
- 2 tbsp (40 ml) extra virgin olive oil
- 1 tbsp (20 ml) lemon juice
- Salt flakes and pepper, to taste

Three bean salad

- 500 g green beans, cut into 2 cm lengths
- 1 x 400 g tin red kidney beans, drained and rinsed
- 1 x 400 g tin butter beans, drained and rinsed
- 2 small radishes, very thinly sliced
- 1 small red onion, very thinly sliced

Miele accessories

- Griddle plate
- Perforated steam container

METHOD

Charred lemon and jalapeno salsa

1. Preheat a griddle plate on high heat, induction setting 9, for 5 minutes or until it is smoking hot; making sure your rangehood is turned on.
2. Place the lemon slices and jalapeno on the griddle plate and char for 1 minute on each side.
3. Chop charred lemon and jalapeno into small cubes. Place lemon and jalapeno into a bowl with the remaining ingredients and season to taste.

Three bean salad

1. Place beans into a perforated steam container. Place into the steam oven and Steam at 100° for 2 minutes, or until just tender. Cool in iced water.
2. Combine all ingredients in a large serving bowl with ¼ cup of the salsa.

Alternative appliance method

- Make your own cooked beans using the Automatic programme in the steam oven.

Hints and tips

- Remaining salsa can be served with grilled chicken or fish.
- Leftover salsa can be kept in the fridge for up to a week.
- This salad is served throughout South America, it's a bright healthy salad that pairs well with grilled meats.

