



Vege Summer Salad

Ingredients

For the Salad:

- 400g black beans, drained
- 2 large handfuls baby spinach leaves, roughly chopped
- 500g heritage tomatoes, chopped into large chunks
- ½ cucumber, halved lengthwise, seeds removed, sliced on an angle
- 1 mango, peeled and diced into chunks
- 1 large red onion, halved and thinly sliced
- 6–8 radishes, thinly sliced
- 2 avocados, peeled and sliced
- 100g feta cheese, crumbled
- Handful of fresh herbs (from dressing), reserved for garnish

For the Herb Dressing:

- 1 large bunch mint
- 1 small bunch coriander
- 1 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

Instructions

Step 1: Prepare the Dressing

In a food processor, blend the herbs, chilli, garlic, oil, lime zest and juice, vinegar, and honey until smooth. Alternatively, finely chop the ingredients and whisk them together. Reserve a few herb leaves for topping the salad. The dressing can be made up to 24 hours in advance.

Step 2: Assemble the Salad

On a large serving platter, scatter the black beans and chopped spinach. Artfully arrange the tomatoes, cucumber, mango, onion, and radishes on top. Gently toss everything together with clean hands.

Finish by adding the avocado slices, crumbled feta, and the reserved herb leaves. Serve the dressing on the side or drizzle over just before serving.