



Mediterranean White Bean Salad

Equipment	Ingredients
<ul style="list-style-type: none">• Large mixing bowl• Small bowl (for lemon juice, optional)• Cutting board• Sharp knife• Can opener• Measuring cup• Spoon (for mixing)	<ul style="list-style-type: none">• 2 cans white cannellini beans, drained & rinsed• 1 cup cherry tomatoes• 1 small cucumber• 2 spring onions• ¼ cup fresh parsley• ¼ cup fresh mint leaves• Zest of 1 lemon• Juice of 1 lemon• ¼ cup extra virgin olive oil• Salt & black pepper <p>To Finish</p> <ul style="list-style-type: none">• ½ cup feta cheese

Method

1. Prepare the vegetables

- Cut the cherry tomatoes **in half**.
- Cut the cucumber **into small cubes**.
- Slice the spring onions **thinly**.
- Chop the parsley and mint **very finely** (small pieces).

2. Add the beans

- Put the white beans into a large bowl.
- Gently rinse and drain them well.
- Do **not** mash the beans.

3. Mix everything together

- Add the tomatoes, cucumber, spring onions, parsley, and mint to the bowl.
- Add the lemon zest and lemon juice.

4. Season the salad

- Pour in the olive oil.
- Add a small pinch of salt and a little black pepper.

5. Mix gently

- Use a large spoon to mix slowly so the beans stay whole.

6. Finish and serve

- Sprinkle the feta cheese on top.
- Taste and add more salt, pepper, or lemon juice if needed.