

Edible Gems™

PURE DELICIOUSNESS

Edible Gems Borlotti Bean, Tomato and Avocado Salad

Ingredients

6 tablespoons olive oil
1 diced onion
1 diced clove garlic
1 sliced clove garlic
½ teaspoon chilli flakes (optional)
1 litre chicken or vegetable stock
300 g pack Edible Gems Borlotti Beans
Salt and pepper to taste
Chopped fresh parsley

1 cubed avocado
1 tomato, quartered
1 handful chopped fresh basil
Juice of ½ lemon



Instructions

Using 3 tablespoons of the olive oil, fry onion until translucent. Add diced garlic and chilli flakes, stir for 1 minute. Add stock, borlotti beans, parsley and pepper to taste. Cook for 20 minutes until tender. Add salt and stir through. Drain in colander, refrigerate or leave to cool at room temperature.

When ready to serve, add sliced clove of garlic, chopped fresh basil, lemon juice, avocado, and tomato. Dress with remaining 3 tablespoons olive oil and salt and pepper to taste. Stir gently and serve with crusty bread.

Serves 4.

Available until the end of May, Edible Gems delicious, nutty flavoured borlotti beans are available from selected greengrocers and specialty retailers. RRP: \$4.99 (300g pack)

For stockists, visit: www.ediblegems.com.au

