

## **Feta and green bean salad : main course / Tesco.**

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**RECIPE**  
COLLECTION

*from*  
**TESCO**

**FETA AND  
GREEN  
BEAN  
SALAD**



**MAIN COURSE**



**TESCO**

## **FETA AND GREEN BEAN SALAD**

**SERVES 2**

Full of lovely summery flavours, serve this as a starter or light mid-day meal. (If the feta is too salty for you, soak in fresh cold water for 15-20 minutes, – repeat if necessary.)

### **INGREDIENTS**

1 small Red Onion, thinly sliced

125g (4oz) Fresh Green Beans,  
trimmed and halved

1 small Lollo Rosso Lettuce,  
washed and dried

150g (5oz) fresh Feta Cheese  
about 10 Black Olives

3 x 15ml sp (3 tbsp) Olive Oil,  
preferably extra virgin

2 x 15ml sp (2 tbsp) fresh  
Lemon Juice

2 x 15ml sp (2 tbsp) Antipasto  
Mixed Peppers (from a jar),  
(optional)

Salt and Ground Black Pepper

### **METHOD**

- 1** Soak the onion in cold water for 30 minutes, then drain.
- 2** Blanch the beans in boiling water for 2 minutes. Drain and rinse in cold water. Pat dry with kitchen paper.
- 3** Tear the lollo rosso into shreds and place in a large bowl. Crumble the fresh feta. Toss into the lettuce with the beans, olives, oil, lemon juice and seasoning to taste.
- 4** Divide between 2 plates and top with small spoonfuls of the mixed peppers if liked. Serve with crusty bread or grissini sticks.

All lines subject to availability at Tesco