

# Orange and Red Bean Salad

Country of origin: **England**<sup>1</sup>. Bright colours and bright flavours, a delight to the eye, good on the palate, and satisfying in the tum.

Economical when combined with **ballistics**<sup>2</sup>.

Vegan.

## Ingredients

- 4 medium **FAIRTRADE** oranges
- 1 stick celery
- 200 g **FAIRTRADE** red kidney beans
- 30 ml Zaytoun **FAIRTRADE** olive oil
- 10 ml dried mint

## Variation

This is a great dish, with no variations needed. (Apart from using lots of fresh mint if available).

One large tin of Suma Red Kidney beans works well in place of the freshly cooked beans. Wash the beans after opening and just before use.

## Method

Cook the beans until tender<sup>3</sup>, drain and allow to cool.

In the meantime peel the oranges, split into halves without breaking the segments. Remove the pith, and then slice into sections (slicing across the segments to reveal the juicy flesh).

Wash the celery, top and tail, and slice across the grain into bite sized chunks.

In a salad bowl, gently mix the celery, oranges, beans, oil and mint.

Season with salt and pepper to taste.

## To serve

Arrange in a serving dish and chill for an hour or so in the fridge before serving.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>

<sup>2</sup><http://www.fairtradecookbook.org.uk/recipes/ballistics.htm>

<sup>3</sup>[http://www.fairtradecookbook.org.uk/recipes/chili\\_beans.htm](http://www.fairtradecookbook.org.uk/recipes/chili_beans.htm)