

Celebration Summer Salad

Green bean, cherry tomato, avocado and rice salad

Ingredients

Salad:

250g round green beans
250g low GI 90-second
white rice
250g cherry tomatoes
2 small avocados
8-12 basil leaves
200g feta diced

Dressing:

1/4 cup lemon juice
A pinch of sugar
2 cloves garlic, crushed
5 tablespoons olive oil



Method

1. Trim the beans and cut into 5cm lengths. Blanch in boiling water for about 3 minutes or until crisp and tender.
2. Meanwhile, cook the rice in the microwave. Cool.
3. Halve the cherry tomatoes. Halve, stone and peel avocados. Cut into quarters.
4. Combine all the salad ingredients in a large bowl.
5. To make the dressing, whisk the lemon juice, sugar and garlic until the sugar is dissolved. Slowly whisk in the olive oil. Serve drizzled over the salad.

Serves four

Recipe provided by Jan Bilton www.janbilton.co.nz/