

Rustic Bean Salad

Something different using Black Badger Carlin Peas available from Hodmedod's.

Ready in **20** minutes Serves **4**

Ingredients

- 200g black badgers, cooked
- 2 cloves garlic, crushed
- 2 tbsp olive oil
- juice and zest of 1 lemon
- pinch of chilli flakes
- 50g sun dried tomatoes, chopped
- salt and freshly ground pepper
- chopped basil
- salad leaves to serve

Method

1. Put the cooked black badgers in a bowl; add the crushed garlic, chilli flakes oil and lemon juice.
2. Mix well.
3. Add the other ingredients mix carefully and place in the fridge so that the flavours develop.
4. Perfect served with crusty bread.

Lizzy's Cooking Tip

When cooking dried beans it's worth cooking a large amount. Soak in a large saucepan full overnight, and then cook for 45 to 60 minutes. When cool place in freezer bags or tubs and store in the freezer until needed.

Copyright OurLizzy

Cookery courses in Malvern, with bed and breakfast available.

All food suitable for vegans.

Our Lizzy, 59 Howsell Road, Malvern, Worcestershire, WR14 1TH

info@ourlizzy.com | 01684 892 688 | 0787 079 7191 (m) | www.ourlizzy.com