

Avocado, Basil and Butter Beans

Serves 1

Time: 10-15 minutes

Ingredients :

1 big handful (125g) long green beans, remove the little woody stalks from the top

½ (about 100g) red/purple onion, peeled and thinly sliced

½ cup (60g) cooked butter beans or other beans (from a tin or cook following packet instructions)

½ large ripe avocado (100g), stoned, peeled and chopped into cubes

1 teaspoon capers

1 heaped tablespoon sauerkraut or other live fermented vegetable

1 teaspoon dried oregano (optional)

Pinch of salt and freshly ground pepper

Dressing:

1 handful basil leaves, washed and finely chopped/minced

1 tablespoon extra virgin olive oil

Juice from ½ small lemon or ½ tablespoon apple cider vinegar

How To Make:

Steam the green beans and onions together for 3 minutes.

Make up the dressing in a bowl.

Toss the avocado, capers, sauerkraut and beans with the dressing and steamed vegetables.

Carefully combine, taking care not to squish up the avocado too much.

If you wish to add extra protein (the beans already have protein in them), flake over some hot smoked salmon or mackerel or crumble in some firm tofu or roughly chop up a large hard boiled egg and toss that through.

