Pear and Bean Salad



Serves	4-6
Prep time	20 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Dairy, Egg, Glutamates, Preservatives, Salicylates, Wheat
Suitable for	Dairy / Lactose Free, Gluten Free, RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Salad
Misc	Child Friendly, Pre-preparable, Serve Cold
Occasion	Barbecue, Picnic

Ingredients

- 1 clove garlic (crushed)
- 30ml water
- 1/2 teaspoon sugar
- 1/4 teaspoon ground sea salt
- 30ml sunflower oil
- 3/4 teaspoons citric acid
- 1 tin bean mix (400g, drained and rinsed)
- 1/2 stalk celery (finely chopped)
- 4 pear halves (fresh or tinned, chopped)
- 1/2 cup mung bean sprouts or finely shredded lettuce
- 1/2 cup cooked green beans (sliced)
- 4 spring onion (finely chopped)

Optional

- 1 tablespoon poppy seeds

Directions

1. Combine the pears, mung beans, lettuce, green beans, shallots, bean mix and celery in a large bowl and gently mix together.
2. To make the dressing, combine the sunflower oil, citric acid, sugar, salt, garlic and water in a small jar. With the lid on, shake well to combine.
3. Pour the dressing over the vegetables and chill before serving.
4. Optional – sprinkle with poppy seeds just before serving.

Note

Low Chemical / Failsafe