



RUNNER BEAN SLAW

Vegetable accompaniment: This recipe provides a portion of vegetable and counts towards the standard to provide one or more portions of vegetable or salad as an accompaniment every day.

Recipe adapted from: ISS Education

Ingredients

720g fine green beans, washed, top and tailed, finely sliced (cut at an angle)
480g white cabbage, finely sliced
240g carrots, peeled, grated
240g butternut squash, grated
72ml vegetable oil
36ml lemon juice
7g (3½tsp) blackened Cajun spice

Method

1. Blanch beans in boiling water for 3 minutes, drain and refresh under cold water. Drain well before use.
2. Mix all the vegetables together in a bowl, add the oil, lemon juice and Cajun spice and mix well.

Serving suggestion: served with pizza or macaroni cheese.



Number of portions this recipe makes:

24 primary servings (75g)
20 secondary servings (90g)



Prep: 10 minutes
Cook: None



Allergy information:
None



Top Tips

Don't overcook the beans. They will lose colour and nutrients

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.