



Three bean salad

This twist on a South-African classic is great for feeding a crowd. Next time you are invited to a bring-and-braai, this is the recipe to take with. It's a much healthier alternative and more delicious than any pre-made version you can buy. Don't skip the process to caramelise the onions as it adds a naturally sweet flavour to the beans. An AMC 28 cm Chef's Pan is ideal for this step, as it helps retain the heat, enabling you to caramelise the onions without burning them.

INGREDIENTS

Serves 10 - 12

200 g green beans, cut into thirds
30 ml (2 tbsp) olive oil
2 onions, quartered and cut into thin wedges
30 ml (2 tbsp) apple cider vinegar
30 ml (2 tbsp) honey
75 ml (5 tbsp) water
30 ml (2 tbsp) fresh thyme leaves
30 ml (2 tbsp) tomato paste
1 x 410 g tin red kidney beans, drained
1 x 410 g tin butter beans, drained
lemon juice, salt and pepper
1 ripe tomato, quartered and sliced
200 g baby tomatoes, halved or another ripe tomato, quartered and sliced
1 red pepper, seeded and cubed
100 ml roughly chopped fresh Italian parsley
extra sprigs of fresh thyme to serve

METHOD

1. Place green beans with 100 ml water in an AMC 20 cm Gourmet Low over a medium temperature with the lid on. Heat until the Visiotherm® reaches the first red area. Simmer on medium for 3-5 minutes or until just cooked, but still bright green and crunchy. Remove from the heat immediately.
2. Rinse in cold water to stop the cooking process. Drain and set aside to cool.
3. Heat an AMC 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area. Add half of the oil and fry the onions until soft and lightly caramelised. If they do brown too fast before softening, add a little water and allow it to cook out and then continue frying.
4. Reduce the heat and add the remaining oil, vinegar, honey, water and thyme. Simmer for a few minutes and stir in the tomato paste.
5. Spoon onion mixture with tinned beans into a large mixing bowl. Season with lemon juice, salt and pepper and toss through. Allow to cool.
6. Gently toss the bean mixture with the green beans, tomatoes and red pepper. Stir in the parsley and sprinkle with extra thyme.
7. Serve as a side dish with your favourite braai.