



## Mediterranean vegetable, lemon, feta and Haricot bean salad

### Ingredients

- 1 Aubergine
- 1 Yellow Pepper
- 1 Courgette
- 1 Lemon
- 1 tomato
- 2 white onions
- 3 cloves garlic
- 1/2 a bunch of parsley
- 200g block of feta
- 2 tsp ground cumin
- 1 tsp tumeric
- 1 tsp paprika
- 1 tsp fennel seed
- 1 tsp black onion seed
- 2 tbsp honey
- 4 tbsp extra virgin olive oil
- salt and pepper
- 2-3 tins of haricot beans (drain a can of baked beans if needed)

### Directions

- Dice the aubergine, pepper, courgette and onions. Chop the garlic.
- Place a pan on a medium heat. After 30-40 seconds add the spices and stir cooking for 1 minute to make sure they don't burn.
- Add the oil and garlic and the zest of the lemon and cook out for another minute.
- Add the vegetables and cook till soft. Whilst you are waiting you can drain and wash the beans and dice the feta and chop the parsley and place in a bowl on the side.
- After the vegetables are soft add the honey and lemon juice, beans, feta and parsley, mix well and check the seasoning. Serve warm or cold.