

## Cannellini beans, tomato and peas

**Season:** Summer

**Type:** Salads

**Difficulty:** Easy

**Serves:**

24 tastes in the  
classroom or 6  
serves at home

**Fresh from the garden:** chives, onion, parsley, peas, tomatoes

**Recipe Source:** Moonah Primary School, TAS

Canned beans are an excellent standby in the kitchen cupboard. They make delicious salads, soups or dips when you do not have the time for overnight soaking and the comparatively long simmering of dried beans. Be adventurous in the ingredients for your salad. Extra zing will come from stirring in caramelised onion, your favourite chutney or relish, roasted pumpkin, roasted garlic, goats' cheese or toasted nuts. You can certainly think of other ingredients.

### Equipment:

2 tea towels  
chopping board  
large knife  
can opener  
colander  
serrated knife  
bowls – 1 large, 2 small  
frying pan  
wooden spoon  
measuring spoons  
serving bowl or platter

### Ingredients:

1 small red onion  
2 400 g cans cannellini beans  
2 tomatoes  
½ cup fresh peas (1–2 large handfuls in their pods)  
2 tablespoons olive oil  
2 sprigs flat-leaf parsley (enough for 2 tablespoons when chopped), plus more to garnish  
small handful of chives (enough for 2 tablespoons when chopped)  
2 tablespoons white wine vinegar  
salt and pepper



### What to do:

- Set out the chopping board and the knives. Dampen a tea towel and place it under the chopping board to keep it from slipping.
- Remove any papery outer skins from the onion, slice off and discard the root end and any damaged leaves. Chop the onion finely.
- Open the can of cannellini beans, place the colander in the sink and tip in the beans. Drain them and rinse briefly.
- With the serrated knife, cut the tomatoes into small cubes. Set aside in a small bowl.
- Remove the peas from the pods and place them in another small bowl.
- Place the frying pan over medium–high heat and add one tablespoon of the olive oil to the pan. Tip in the chopped onion and fry, stirring occasionally with the wooden spoon, until the onions soften and become translucent. Don't let them brown.



- Add the cannellini beans to the pan, reduce the heat slightly and heat until the beans are just warmed through, stirring slowly and gently with the wooden spoon.
- While the onions are frying and the beans warming, rinse the parsley sprigs and dry them in a clean tea towel. Set aside a few nice-looking sprigs for the garnish and chop the rest. You should have about 2 tablespoons of chopped parsley.
- Do the same for all the chives. Again, you should have about 2 tablespoons of chopped chives.
- Tip the onions and beans into the large bowl. Add the white wine vinegar, the tomatoes, peas, chopped parsley and chives, and the remaining tablespoon of olive oil. Toss gently.
- Taste the salad to see if it needs salt and pepper.
- Spoon into serving bowls or on platters, and garnish with the reserved parsley sprigs.

