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Edamame Bean Salad

with Grilled Haloumi



20-30min



4 Portions

Light and simple; that's how we like our summer salads. This meal is no different. Let the bright greens cool you down and bring texture to your plate, while the salty addition of grilled haloumi will have everyone craving for more.

What we send

- avocado
- haloumi ⁷
- lemon
- edamame ⁶
- parsley
- cannellini beans
- Lebanese cucumber
- cherry tomatoes
- flaked almonds ¹⁵
- green beans

What you'll require

- eggs ³
- olive oil
- salt and pepper
- wholegrain mustard ¹⁷

Utensils

- chargrill or frypan
- Colander
- small frypan
- small saucepan
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If your kids don't like parsley, reserve it until serving, then add it to the adults' portions.

Allergens

Egg (3), Soy (6), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

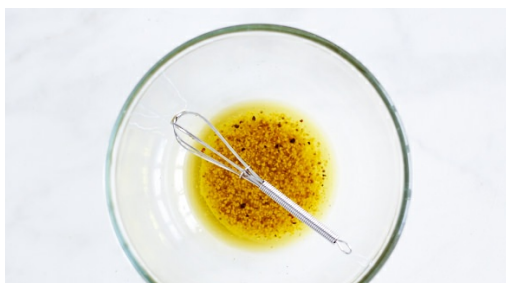
Nutrition per serving

Energy 595.0kcal, Fat 36.5g, Proteins 34.0g, Carbs 26.4g



1. Prepare green beans

Trim the ends of the **green beans** and cut into thirds. Bring a small saucepan of salted water to the boil. Add **2 eggs** and simmer for 4 mins. Add the beans to the eggs and simmer for a further 2-3 mins until bright green and tender. Drain, then rinse under cold running water. Set eggs aside to cool, then peel.



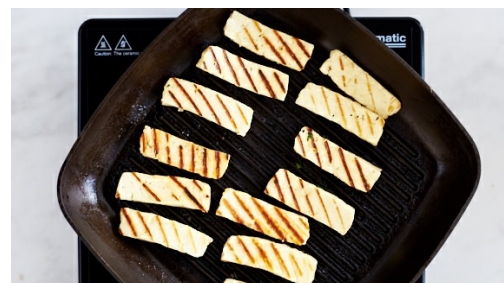
4. Prepare dressing

Juice half the **lemon** and cut the remaining half into wedges. Combine 3 tsp **oil** with 1 tbs **lemon juice** and 1 tsp **wholegrain mustard** in a small bowl. Season to taste with **salt and pepper**.



2. Prepare salad

Place the **almonds** in a small cold frypan and place over medium heat. Toast for 2-3 minutes, tossing occasionally, until golden and fragrant.



5. Chargrill haloumi

Slice the **haloumi** into 1cm-thick slices. Heat a chargrill or frypan over medium-high heat and drizzle with **oil**. Cook the **haloumi** for 2-3 mins each side until light golden.



3. Combine salad

Halve the **cherry tomatoes**. Dice the **cucumbers**. Drain and rinse the **cannellini beans**. Pick the **parsley** leaves (discard stems) and coarsely chop. Combine the **tomatoes, cucumber, green beans, cannellini beans**, parsley and **edamame** in a large bowl and gently toss to combine (see cooking tip).



6. Get ready to serve

Cut the **eggs** into wedges. Slice the **avocado**. Whisk the **dressing** with a fork, then pour over the **salad** and toss to coat. Arrange the **haloumi, eggs** and **avocado** over the salad and sprinkle with the **almonds**. Serve with **lemon wedges**.