

Warm Bean Salad with British Brie

CHEESE MAKES A
Difference

to
Summer
Salads



BRITISH
CHEESE
BOARD





Warm Bean Salad with British Brie

TRY THIS DELICIOUS SALAD OF WARM FINE GREEN BEANS AND TINY NEW POTATOES WITH CHUNKS OF SOMERSET BRIE AS A STARTER, LIGHT LUNCH OR HEALTHY SUPPER.

INGREDIENTS

- 150g Somerset Brie
- 900g baby new potatoes
- 175g fine green beans, trimmed
- finely grated zest and juice of 1 lemon
- 2 tbsp virgin olive oil
- 2 tbsp chopped fresh parsley
- 1 tbsp capers, rinsed
- About a dozen black or green olives
- 1 bag crisp mixed salad leaves
- freshly ground black pepper

METHOD

1. Remove the Somerset Brie from the refrigerator to allow it to come up to room temperature - it tastes better this way!
2. Put the potatoes on to cook in boiling water. They will take 15 - 20 minutes. At the same time, cook the green beans in boiling water for about 4 - 5 minutes.
3. Meanwhile, whisk the lemon zest and juice with the olive oil and parsley in a large serving bowl. Stir in the capers and olives, then season with plenty of black pepper.
4. Tip the warm beans and new potatoes into the dressing and leave to cool for about 10 minutes. Add the salad leaves. Cut the Somerset Brie into chunks, add them to the salad and toss everything together gently to mix. Serve at once.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

365kcal | 12.8g protein | 38g carbohydrate of which 4.5g sugars | 18.9g fat of which 8.1g saturates | 4.2g dietary fibre | 445mg sodium equivalent to 1.1g salt | 150mg calcium | 190mg phosphorus | 0.2µg vitamin B₁₂