Salads / Germany

Warm white beans, pumpkin and courgette salad · Germany

A warm salad of cooked pulses and vegetables with a Germany-inspired dressing.

Time 30 min **Servings** 4

What you'll need.

- ☐ 650 g drained cooked white beans
- ☐ 350 g pumpkin
- ☐ 300 g courgette
- ☐ 30 ml neutral cooking oil
- ☐ 25 ml lemon juice
- ☐ 20 g German mustard
- ☐ 1 g caraway seeds
- ☐ 10 g fresh parsley
- ☐ salt and pepper to taste

Let's make it.

01 Rinse and drain the cooked pulses. Clean the vegetables and cut into bite-sized pieces.

02 Boil or steam each vegetable separately until tender, allowing longer for firmer varieties. Drain well.

03 Heat the pulses in a saucepan with a splash of water until piping hot.

04 Whisk the oil, lemon juice and listed flavourings into a dressing. Toss with the warm vegetables and pulses and serve.

AI-developed, not kitchen-tested.

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