

Forest Bean Salad

1 garlic clove

½ chilli chopped

Juice of a lemon

2 tsp white wine vinegar

Dash of caster sugar

Olive oil

Basil and mint – mixed in a bowl

Cook:

French beans

Asparagus

Broad beans (pounded?)

Runner beans

Stir them together into the dressing, sprinkle roast pumpkin seeds over it.