



High prebiotic diet recipe: Four bean salad

This recipe makes 2 serves (~280g per serve)

Ingredients:

- 1 can (400g) 4 bean mix drained and rinsed
- ½ (90g*) large Spanish onion diced
- 1 (100g*) medium tomato diced
- 1/3 (65g*) bunch parsley chopped including some stems
- 1/3 (18g*) bunch mint chopped
- 1 pinch (1g) salt (please adjust salt quantity, as salt content will vary depending on the brand)
- ½ tsp (2g) cracked black pepper
- 1 1/2 tsp (45g) olive oil
- 1 (35ml) lemon juiced
- 1 clove (17g*) garlic finely chopped
- 2 whole lettuce leaves to use as a wrap

* This is a prepared weight. Weight after peeling and chopping

Method:

- Mix all ingredients in a large bowl
- Serve with whole lettuce leaves to use as a wrap

Optional

- Pictured here with meat slices

