



Curry Bean Salad

Recipe makes:
5 portions (470g)

Preparation time:
10 minutes

Nutritional Information

1 Portion (94g)

Energy	132kcal
Carbohydrates of which sugars	9.4g 1.9g
Protein	5.7g
Fat	7.9g

Ingredients:

- 114g tinned kidney beans
- 114g tinned chickpeas
- 57g tinned sweetcorn
- 45g small florets of raw broccoli
- ¼ finely chopped medium onion
- ¼ tsp ground curry powder
- 75g Curried tahini sauce (see separate recipe card)
- Salt and ground black pepper to taste
- 14g walnuts, chopped

Method:

1. Rinse and drain the tinned beans and chickpeas. Add into a medium bowl.
2. Add remaining ingredients except walnuts to the bean mix. Stir well.
3. Top with walnuts and toss lightly.

Chef's Tips:

- Serve chilled. Garnish with parsley or other herbs if desired.
- Use as filling with flat breads (see separate recipe card).

This recipe has been specifically designed for the dietary management of Glycogen Storage Disease. Refer to labels for allergen and other product information.



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