

Chorizo, mixed bean and rocket from *Avoca Salads*

30 Minutes

Serves 4

Ingredients

4 tablespoons olive oil
250g cooking chorizo, finely sliced
1 x 400g can butter beans, well rinsed
1 x 400g can red kidney beans, well rinsed
100g French beans, blanched and refreshed
1 shallot, peeled and finely chopped
1 garlic clove, peeled, chopped and mashed with a little salt
2 tablespoons finely chopped parsley
Juice of 1 lemon
4 small handfuls rocket leaves
4 dessertspoons Greek yoghurt

Method

Heat the oil and when hot fry the chorizo slices for about two minutes each side. You want them to crisp up. Drain and set aside.

Add the beans to the hot oil along with the shallot, garlic and parsley, and stir-fry for 2 minutes. Return the chorizo slices to the pan. Season well with salt and pepper and add lemon juice to taste.

Allow to cook for 5 minutes, then toss with the rocket.

Serve with plain yoghurt.