



RUNNER BEAN COLESLAW

Preparation time: 10 minutes

200g (7oz) runner beans
1/2 small red cabbage
1 medium carrot
1 large shallot
4 tbsp low-fat mayonnaise
1 tsp Dijon mustard

Finely shred the runner beans, red cabbage and shallot and grate the carrot.

Take a large mixing bowl and mix the vegetables together. Then add the mayonnaise and Dijon mustard and season to taste. Serve immediately, or keep in the fridge for up to 3 hours.

