

# Rosella, Bean and Tomato Salad

## Ingredients:

- 2 cups Petersen's Farm Rosella petals
- 2 cups Petersen's Farm beans, blanched (green beans, butter beans, winged beans)
- $\frac{1}{4}$  cup Petersen's Farm grape tomatoes, halved
- $\frac{1}{4}$  cup Petersen's Farm roma tomatoes, diced
- $\frac{1}{4}$  cup red onion, thinly sliced
- $\frac{1}{4}$  cup crumbled feta cheese, optional plant-based
- $\frac{1}{4}$  cup sliced almonds
- 2 tbs Plenty Foods extra virgin olive oil
- 2 tbs CC's Kitchen Rosella Vinegar
- 1 tbs Hum Honey
- Salt and black pepper, to taste

## Instructions:

1. Rinse the Rosella petals and remove the seed pods. Finely chop the petals and set aside.
2. In a large mixing bowl, combine the mixed beans, tomatoes, red onion, crumbled feta cheese, and sliced almonds.
3. In a small bowl, whisk together the olive oil, apple cider vinegar, honey, salt, and black pepper to make the dressing.
4. Add the chopped Rosella petals to the salad and toss well.
5. Drizzle the dressing over the salad and toss to coat evenly.
6. Serve immediately or chill in the fridge for 30 minutes to allow the flavours to meld.

Serves 4.