**RUNNER BEAN SLAW**

*Vegetable accompaniment: This recipe provides a portion of vegetable and counts towards the standard to provide one or more portions of vegetable or salad as an accompaniment every day.*

Recipe adapted from: ISS Education

**Ingredients**

- 720g fine green beans, washed, top and tailed, finely sliced (cut at an angle)
- 480g white cabbage, finely sliced
- 240g carrots, peeled, grated
- 240g butternut squash, grated
- 72ml vegetable oil
- 36ml lemon juice
- 7g (3½tsp) blackened Cajun spice

**Method**

1. Blanch beans in boiling water for 3 minutes, drain and refresh under cold water. Drain well before use.
2. Mix all the vegetables together in a bowl, add the oil, lemon juice and Cajun spice and mix well.

*Serving suggestion:* served with pizza or macaroni cheese.

**Number of portions this recipe makes:**
24 primary servings (75g)  
20 secondary servings (90g)

**Prep:** 10 minutes  
**Cook:** None

**Allergy information:** None

**Top Tips**

- Don’t overcooking the beans. They will lose colour and nutrients

**Government Buying Standards for Food & Catering Services**

- Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children’s diets.

- For this recipe: choose oils based on unsaturated fats.