

“Hill’s Hoist” salad by Suzy Spoon

Ingredients	Equipment
<p>2 × 400 g cans red kidney beans, drained 60 g (2 cups) flat leaf parsley leaves, chopped 1 red capsicum, diced $\frac{1}{4}$ red onion, diced $\frac{1}{2}$ avocado, cubed $\frac{1}{2}$ continental cucumber, diced 3 tbsp olive oil 2 tbsp lemon juice 1 garlic clove, minced salt and freshly ground black pepper 8 large, firm iceberg lettuce leaves, to use as cups</p>	<ul style="list-style-type: none">• Metric spoon & cup measures• Sharp knife• Juicer• Serving bowls
<p>In a large mixing bowl, combine all the ingredients except the lettuce. Stir well. Spoon the bean salad mixture into each lettuce leaf 'cup', and serve two per person.</p>	

