

Your Saturday night in...

If you're staying in on Saturday evening, why not try this recipe.....

Make the most of seasonal summer ingredients in this warm and spicy vegetable salad. It makes a great Spanish-style tapa too.

Prep: 20 mins

Cook: 40 mins

Serves: 2



Butter bean, grilled courgette, roast red pepper & chorizo salad

Ingredients

- 1 tbsp extra-virgin olive oil, plus extra for brushing
- 100g cooking chorizo, skinned and diced
- 1 tsp sherry vinegar
- 1 red pepper, halved and deseeded
- 100g fresh peas
- 100g broad beans
- 2 courgettes, sliced on the diagonal
- 400g can butter beans, rinsed and drained
- Juice ½ lemon

Method

- 1 Heat grill to high. Heat the olive oil in a frying pan over a medium heat. Add the chorizo and cook for 7-9 mins, until it is cooked through and has released its oil. Take chorizo out of the pan with a slotted spoon and set aside. Reduce heat, whisk in vinegar, then remove pan from heat.
- 2 Put the pepper on a baking sheet, cut-side down then grill for 3-4 mins, or until the skin blisters and starts to turn black. Put the pepper in a bowl and cover with cling film. Once it is cool, peel off the skin, remove the seeds and then tear the pepper into strips.
- 3 Cook peas and broad beans in boiling salted water for 1-2 mins, then tip into a big bowl of ice cold water to keep their bright green colour. Drain and set aside.
- 4 Heat a griddle pan until hot. Brush the courgettes with a little bit of olive oil, then cook on both sides for 1-2 mins until just tender but not soft.
- 5 Add the butter beans and rest of the ingredients to the pan with the dressing. Add the lemon juice and seasoning and gently toss everything together.