

## Orange Salad

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Serves 4 - 6

### **Ingredients: -**

4 – Oranges

225g/8oz - bean sprouts

30ml/2 tbsp - well seasoned French dressing

15ml/1 tbsp - chopped parsley

1 x 425g/15oz can - red kidney beans

4 sticks - celery, sliced

### **Method: -**

Using a sharp knife, remove the peel and pith from the oranges and cut into segments, free of any membrane, retain any juice.

Drain the beans well and place in a bowl with the orange segments, the retained juice and the bean sprouts and celery.

Add the dressing and parsley and toss well.