



## Lime Pickle Bean Salad

This salad is awesome, and not that dissimilar to my Middle Eastern-Style one in terms of the chosen bean and some of the veggies, but otherwise it's different because of the amazing lime pickle dressing, which just takes it around the other side of the globe, and leaves your mouth watering for the next spoonful – it's outrageously good !

### INGREDIENTS

2 cups cannellini beans – I used a tinned brand, washed and drained (or choose your own preferred type of cooked bean or lentil)

2 cloves garlic, finely chopped

1 spring onion, chopped

a handful of small cherry tomatoes

5 black olives

¼ red pepper, finely chopped

1 stick, celery chopped

4 inches cucumber, chopped

handful of freshly chopped coriander

## **RESSING**

a jar place the following, then shake and pour onto your salad :-

heaped tsp Indian Lime Pickle (I used Patak's)

1½ tsp molasses sugar

a pinch of Himalayan salt, or sea-salt

2 Tbsp (30 mL) lemon juice (more if you wish)

¼ cup (60 mL) olive oil

1 tsp dried mint

## **METHOD FOR THE SALAD**

1. Place your chopped ingredients in a salad bowl of your choice, add the remaining ingredients, and mix with a spoon.
2. Next, shake your dressing ingredients in a jar for a minute or so – then taste it for sugar, salt, and

lemon – add more if you wish. If it's perfect for you as it is, just pour onto your salad and indulge.

3. Wonderful to eat alone, or with a slice of brown bread to soak up the juices. Heaven !



*All recipes and content © Miriam Sorrell www.mouthwateringvegan.com 2010*

*These are free recipes for your pleasure – all we ask in return is that you take a few moments to leave us a constructive comment !*

**suitable for vegans, vegetarians and meat-eaters alike**

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## 18 COMMENTS

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**Blondell Lehocki**

*September 12, 2012 at 5:54 pm*

Just wanted to say I love your recipes. Also like the fact that you incorporate the Vegan dairy products as this teaches the importance of having that necessary protein in your daily dietary needs, and shows vegetarians and vegans how to fill that very important need for the bodies requirements of building strong muscles. It shows that there are other choices and ways to create healthy foods.

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**Miriam**

*September 12, 2012 at 7:09 pm*

Hi there Blondell and welcome here. Many thanks for dropping by with your wonderful and informative comment – am glad you appreciate my work and that you love my recipes. I very much look forward to your future comments on my blog and best wishes your way in the meantime !

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**Glenda**

*September 12, 2012 at 8:39 pm*

I have never heard of the Indian Lime Pickle. Is this something any major super market would carry or did you get it at a specialty store?

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**Miriam**

*September 13, 2012 at 12:07 pm*

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Glenda Hi there and welcome here. The Indian Lime Pickle is usually sold in some supermarkets and in Asian stores. Here is the link to the one I purchased <http://www.pataks.co.uk/products/lime-pickle.aspx> – hope this helps and that you make the recipe ! Best wishes your way !

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**VR**

*September 13, 2012 at 1:49 pm*

Aha...Talking about Indian Lime Pickles, i have to add here that the pickle has many variants depending upon the region from where it would originate..

Patak's would be Gujrati one, a western state of India, while the North Indian and South Indian variets would taste different...of course, lime is the common thread...Its charecteristics are similar to that of Indian people-multi lingual and multi cultural and yet they are all Indians...

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**Miriam**

*September 13, 2012 at 3:18 pm*

Thanks for the info VR.

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**Kate**

*September 18, 2012 at 5:33 pm*

This salad is incredible. It is so beautiful to look at and prepare, and such a delicious combination of flavors.

Thank you so much for sharing your recipe, I could easily eat this every day!

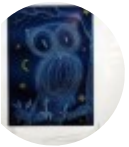
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**Miriam**

*September 18, 2012 at 6:08 pm*

Kate Hi there and welcome here. Thanks for dropping by here with your comment. I have to agree with you here Kate, it sure is delicious and easy to eat frequently – the combination is rather addictive. I am delighted that you have enjoyed it ! I look forward to your future comments on my blog. Best wishes your way in the meantime !

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**Susan**

*December 22, 2012 at 7:37 pm*

I've recently discovered your website. This recipe sounds wonderful – light and fresh. A good one for after Christmas. I'm making your lentil, mushroom, spinach roulade for Christmas day. I can't wait! 😊

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**Miriam**

*December 22, 2012 at 8:19 pm*

Susan Hi there and welcome here, glad you found my site. I very much look forward to your future comments on my blog and your feedback on the Roulade. Enjoy ! 😊 P.S. Lovely pics on your site, we were in Richmond Park (UK) last August, what a coincidence !

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**Gerry**

*January 7, 2013 at 4:20 am*

Hi Miriam,

We have been scarfing this down tonight, it's so good! Next time I will triple the lime pickle though, put extra on my second helping, I'm in love...and use much more coriander and mint.. Don't have that much growing right now, even in AZ. I added a pinch of Italian spice

and a dash of chili and about a tablespoon of apple cider vinegar to the dressing, didn't have enough lemon. You can see why I like your recipes, lotsa spices. Thanks. You are making my plant-based adventure positively sing! Honestly, a chicken dinner sounds so...well...boring!!

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**Miriam**

*January 7, 2013 at 11:37 am*

Gerry Hi there and many thanks for your feedback. You seem to like the pungent, spicy and strong taste of things – the passionate food that happens to also be compassionate ! Good for you ! I agree about the chicken dinner, and that's the whole idea here. Have I added you to my new upcoming newsletter Jerry ? If not let me know if you wish to join. Best wishes your way in the meantime !

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**Michael (from Facebook)**

*August 16, 2013 at 10:12 am*

Shared on Facebook! 😊

A refreshing salad like this would make a better meal over run-of-the-mill meat and potatoes any day. 😊

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**BM**

*August 16, 2013 at 3:01 pm*

Did you incorporate the lime pieces from the pickle or just the paste? Also will it be ok to substitute fresh mint for the dried mint?

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**Miriam**

*August 16, 2013 at 5:54 pm*

BM I used the paste, it has a few pieces in it. And yes of course fresh mint is just fine.

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**Miriam**

*August 16, 2013 at 5:54 pm*

Thanks Michael.

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**BM**

*August 18, 2013 at 4:22 pm*

Thanks! I did end up using more of the paste... but it was an awesome refreshing salad for a hot summer night's dinner.

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**Miriam**

*August 18, 2013 at 5:03 pm*

Glad to hear that you enjoyed it BM. 😊

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