

## Heritage Tomato Garden Salad

**Serves 2**

*Prep time: 25 minutes*

*Cooking time: 3 minutes*

### Ingredients

4/5 heritage tomatoes

1/2 cucumber

50g French beans

50g ricotta

¼ tsp black pepper

**Suölo Reduced Sodium Sea Salt** for green beans

### For the Tomato Dressing

50ml tomato juice

10ml white wine vinegar

5g sugar

¼ - ½ tsp **Suölo Reduced Sodium Salt, Black Pepper & Seaweed**

### Method

1. For the tomato dressing mix the ingredients in a bowl until the sugar is dissolved (you will have to shake or stir this before use).
2. Cut up the heritage tomatoes into rough chunks.
3. Drain the ricotta and mix in a bowl with black pepper until softened.
4. Cut the ends of the beans and then cut in half.
5. Place a pan of water on to boil with a sprinkle of **Suölo Reduced Sodium Sea Salt**.
6. When on a rolling boil add the green beans and blanch for 3 minutes.
7. Once cooked cool the beans under cold water to retain their colour.
8. Cut the cucumber in half, remove the seeds and cut into batons.
9. Place the tomatoes, cucumber, French beans and some of the basil in a bowl ,then toss lightly with the tomato dressing.
10. To serve, place the tossed mixture of vegetables on a plate, spoon the ricotta in spots around it and place some fresh basil on top of the dish as garnish.