

RECIPE: AVOCADO AND BLACK BEAN SALAD

INGREDIENTS:

- 250g (8 oz) dried black beans
- 1 red (Spanish) onion, chopped
- 4 egg (Roma) tomatoes, chopped
- 1 red pepper (capsicum), chopped
- 375g (12 oz) canned corn kernels, drained
- 90g (3 oz) fresh coriander, roughly chopped
- 2 avocados, peeled and chopped
- 1 mango, peeled and chopped
- 150g (4 3/4 oz) rocket, leave separated

DRESSING

- 1 clove garlic, crushed
- 1 small red chilli, finely chopped
- 2 tbsp lime juice
- 1/4 cup (60ml) olive oil

METHOD:

1. Soak the beans in cold water overnight
2. Rinse, drain and then place beans into a large heavy based pan. Cover with water and bring to the boil.
3. Reduce the heat and simmer for 1 1/2 hours or until tender
4. Drain beans and cool slightly
5. Place beans, onion, tomatoes, pepper, corn, coriander, avocado, mango and rocket into a large bowl and toss to combine.
6. To make dressing – place all ingredients in a bowl and whisk.
7. Pour dressing over the salad and toss.

NOTE: Black beans are available in dried form from health food stores.

Preparation time: 15 mins + overnight soaking

Total cooking time: approx 1 1/2 hours

Serves 4