

Black Bean & Rice Salad



Ingredients

- 1 red capsicum
- 1 tomato
- ½ red onion
- 425g can black beans
- 125g can corn
- 1 cup cooked rice
- 1 bunch coriander

Dressing:

- 2 limes juiced
- 2 tablespoons extra virgin olive oil
- 1 teaspoon paprika
- 1 clove garlic, crushed

Serves 4

Optional

Add chopped fresh chilli to dressing.



1 CHOP

Chop capsicum and tomato into small pieces.



2 DICE

Finely dice the onion.



3 RINSE

Drain and rinse the black beans.



4 DRAIN

Drain the tinned corn.



5 ADD

Place all of the prepared ingredients and the rice in a large bowl and mix together.



6 MIX

To make the dressing, place the lime juice, oil, paprika and garlic in a small bowl. Mix well.



7 CHOP

Roughly chop the coriander.



8 STIR

Add the dressing and coriander to the salad and stir through.