

VEGETABLE CHILI SALAD



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
144 kcal
2g Fats
28g Carbs
8g Protein



GF

DF

MP

V

Q

WHAT YOU NEED

- 1 x 14 oz. (400g) can black beans, rinsed, drained
- 1 x 7 oz. (200g) can sweet corn, rinsed, drained
- 1 red bell pepper, sliced
- bunch coriander, chopped
- 5 oz. (150g) hot salsa

WHAT YOU NEED TO DO

Rinse the black beans and corn under cold running water, rinse thoroughly and drain well. Slice the pepper into small strips. Chop the coriander coarsely.

Mix the beans, corn, pepper and coriander with the salsa in a medium bowl. This salad can be stored in an airtight container in the refrigerator for up to 3 days.

Serving suggestions:

- Guacamole
- Tortilla chips