

Brazilian Black Bean & Rice Salad

This tasty Brazilian salad is inspired by arguably the country's most famous dish, Feijoada. Black beans with rice is an authentic Brazilian combination, and it's the perfect backdrop for lovely, lime drizzled wedges of smooth avocado. Bon apetite!



Prep: 15 mins **Cook:** 15 mins **Total:** 30 mins



level 1



gluten free



spicy











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Red Onion





Gar

Long Red Chilli









Black Beans

Cherry Tomatoes

Lime

Avocado

2P	4P	Ingredients	
¾ cup	1 ½ cups	basmati rice, rinsed well	
3 cups	6 cups	water *	
1 tsp	2 tsp	butter *	
1 bunch	2 bunches	coriander, finely chopped	
1 tbs	2 tbs	olive oil *	
1	2	red onion, finely chopped	
1 clove	2 cloves	garlic, peeled & crushed	#
1	2	long red chilli, finely sliced	
1 tin	2 tins	black beans, drained & rinsed	
1 punnet	2 punnets	cherry tomatoes, halved	
1	2	lime, juiced	
1	2	avocado, sliced	

#	Ingredient features
	in another recipe

Pantry Items

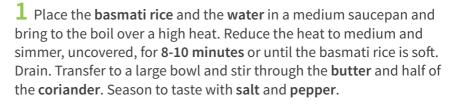
Pre-preparation

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Energy	3020	Kj
Protein	21.8	g
Fat, total	27.4	g
-saturated	5.8	g
Carbohydrate	103	g
-sugars	10.3	g
Sodium	860	mg



You will need: sieve, chef's knife, chopping board, garlic crusher, medium saucepan, large bowl, medium frying pan, wooden spoon and a small bowl.





2 Meanwhile, heat half of the olive oil in a medium frying pan. Add the red onion and cook for 3 minutes or until soft. Add the garlic and half of the long red chilli and cook for 1 minute, or until fragrant. Add the black beans and cook, stirring, for 1-2 minutes or until heated through. Transfer to the basmati rice with the cherry tomatoes. Season to taste with salt and pepper. Toss well.



In a small bowl combine the **lime juice**, remaining coriander, remaining long red chilli and the remaining olive oil.

4 To serve, divide the basmati rice and black bean salad between plates. Top with the **avocado slices** and drizzle with the salsa. Dig in.



Did you know? Brazil is the largest country in both South America and Latin America.