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## Mexican Bean Salad with a Chilli Lime Dressing

With so many fresh flavours and textures every mouthful of this salad is different - so much so that we've been known to eat the leftovers three days running! Don't be afraid to add some hot sauce to get the flavour just right.



**Prep:** 15 mins

**Cook:** 15 mins

**Total:** 30 mins



level 1



lactose free



spicy

### Pantry Items



Water



Olive Oil



Quinoa



Corn



Garlic



Red Kidney Beans



Mexican Spice Mix



Coriander



Tomato



Avocado



Lime






Chilli

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2P	4P	Ingredients
1 packet	2 packets	quinoa, rinsed well
1 ½ cups	3 cups	water *
2 tbs	4 tbs	olive oil *
1 cob	2 cobs	corn, husked & kernels sliced off cob
2 cloves	4 cloves	garlic, peeled & crushed 
1 tin	2 tins	red kidney beans, drained & rinsed
½ sachet	1 sachet	Mexican spice mix ( <b>recommended amount</b> )
½ bunch	1 bunch	coriander, leaves picked 
1	2	tomato, diced
1	2	avocado, cubed
1	2	lime, juiced
1	2	long red chilli, deseeded & finely sliced

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2720	Kj
Protein	20.8	g
Fat, total	38.7	g
-saturated	6.4	g
Carbohydrate	56.3	g
-sugars	3.7	g
Sodium	480	mg

2a



**You will need:** *chef's knife, chopping board, sieve, garlic crusher, medium saucepan with a lid, medium frying pan, large bowl, stirring spoon and a small jug or bowl.*

**1** Place the **quinoa** and **water** in a medium saucepan, cover with a lid and bring to the boil. Remove the lid and reduce to a medium heat. Simmer for **8-10 minutes**, or until the quinoa is tender and the water has absorbed (drain excess water).

2b



**2** Meanwhile, heat a dash of **olive oil** in a medium frying pan over a medium-high heat. Add the **corn** kernels to the pan and cook for **2-3 minutes**, or until they start to sizzle and go golden. Add the **garlic**, **red kidney beans** and **Mexican spice mix** to the pan. Cook for a further **3 minutes**, or until fragrant. Transfer the mixture to a large bowl and stir through half the **coriander**, the cooked quinoa, fresh **tomato** and the **avocado** (reserving a few cubes for the garnish). Set aside.

2c



**3** In a small jug or bowl combine the remaining olive oil, **lime juice** and **long red chilli** (to taste). Season with **salt** and **pepper**. Pour over the salad and stir to coat the quinoa.

**4** To serve, divide the Mexican quinoa salad between bowls. Top with the remaining avocado and coriander if you like. Enjoy!

3



**Did you know?** Quinoa isn't a grain, it's a seed that is related to beets and spinach.