

Vegetable Chili Salad

Serves 4

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

1. 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.
2. 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

GF	DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	144	2	28	8

*Nutrition per serving

