

Nutritious & Delicious Salad Recipes



Mexican Bean & Avocado Salad

Ingredients (serves 4)

2 eggs
2 small avocados, peeled and stoned
2 x 400g cans of beans, (pinto bean and kidney beans, rinsed and drained)
1 small red onion, finely sliced
1 bunch coriander, leaves only, roughly chopped
250g punnet cherry tomatoes, halved
75g rocket leaves, washed and dried
2 Tbls extra virgin olive oil
1 Tbls balsamic vinegar
1 red chilli, deseeded and finely sliced
½ tsp cumin

Method

1. Lower the eggs into boiling water and boil for 6½ mins, then put into a bowl of cold water to cool.
2. Place the beans, onion, coriander and tomatoes in a large bowl.
3. Slice the avocados and add to the beans.
4. Measure 3 tbsp of the dressing into a small bowl, then mix in the chilli and cumin.
5. Once the eggs have cooled but are still warm, peel off the shells and cut into quarters.
6. Toss the salad and the rocket with the dressing and place the eggs on top.
7. Serve straight away.

Key Nutrients

Portion	400g	100g	
Calories	413 (kcal)	103 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	19.8g	5.0g	Med
Saturates	4.0g	1.0g	Low
Sugars	9.0g	2.2g	Low
Salt	1.7g	0.4g	Med
Protein	18.8g	4.7g	-

Allergen Info: Eggs