



Sweetcorn, blackened  
pepper, black bean &  
avocado salad

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# Sweetcorn, blackened pepper, black bean & avocado salad

Serves 8 | veggie

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## INGREDIENTS:

3 red chillies	1/4 bunch of coriander
Few sprigs of mint	1 punnet mustard cress
1 lemon	1 jar of roasted peppers (approx. 465g)
40ml rapeseed oil	1 tin sweetcorn (approx. 160g)
1 avocado	1 tin black beans (approx. 400g)
2 red onions	

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## METHOD:

1. Roast the chillies in a hot oven until they begin to blacken.
2. In a blender blitz together the chillies, oil, mint and lemon juice.
3. Drain and rinse the black beans and sweetcorn. Slice the roasted peppers into strips. Trim the mustard cress. Peel and finely slice the onions into rings.
4. Pick the coriander leaves.
5. Place all the ingredients in a suitable size bowl and mix with the dressing.
6. Serve on its own or with a protein of your choice.