

Mexican Bean and Avocado Salad



Equipment

Colander
Can opener
Chopping board
Sharp knife
Mixing bowl
Small saucepan
Colander
Spoon
2 lunch boxes

Ingredients (serves 2)

1 Avocado
2 eggs (**egg**)
1 can mixed beans
1 small red onion
125g cherry tomatoes
1 small red chilli (optional)
1 small bunch of fresh coriander
2 x 15ml tablespoons salad dressing or olive oil
½ tsp ground cumin

Method

1. Lower the eggs into boiling water and boil for 6½ minutes then place into cold water to cool.
2. Open the can of beans and pour into the colander over the sink. Drain off the liquid and rinse with cold water. Place in a bowl.
3. Cut the tomatoes in half on the chopping board and place in the bowl.
4. Peel and slice the onion very finely, add to the bowl.
5. Wash the coriander, chop the leaves and stems into small pieces. Add to the bowl.
6. If using: chop the chilli in half, remove the seeds. Chop the chilli into small pieces. Add the chilli to the bowl. Wash your hands immediately and do not touch your eyes.
7. Peel and slice the avocados. Place in a large bowl with the beans, onion, coriander, chilli and tomatoes. Add the salad dressing and cumin. Mix carefully.
8. Divide the mixture between 2 lunch boxes.
9. Once the eggs have cooled, peel off the shells and cut into quarters. Place 4 quarters in each lunch box.

Together We Cook

	Serving Ideas Add some washed rocket or spinach leaves to add some more vitamins, and colour Sprinkle with pumpkin seeds to add extra crunch to your salad
	Variations Replace the mixed beans with any canned beans of your choice, eg pinto, butter, kidney or black beans.
	Leftovers This recipe makes 2 portions so you could share the extra salad with a friend, or save for the next day. Keep in the fridge until you eat it.