

Together We Cook

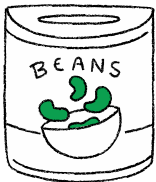
Mexican Bean and Avocado Salad

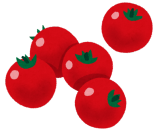


Serves 2



Ingredients

	1 avocado
	2 eggs (egg)
	1 can mixed beans
	1 small red onion



125g cherry tomatoes



1 small red chilli (optional)



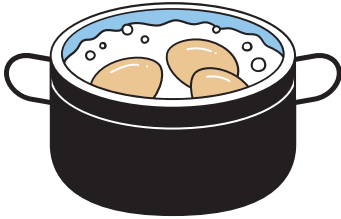
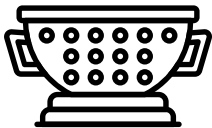
1 small bunch fresh coriander



2 x 15ml tablespoons salad dressing
or olive oil



½ 5ml teaspoon ground cumin

1		Boil water in a small pan Add eggs Boil for 6.5 minutes Cool in cold water than peel and chop into quarters
2		Rinse beans in cold water in a colander
3		Cut tomatoes in half
4		Peel and slice onion finely
5		Wash and chop leaves and stems of coriander
6		If using, slice chilli and remove seeds Cut into small pieces Wash hands
7		Peel and slice avocados
		Mix everything into a bowl except the eggs Divide into two plates Add 4 quarters of egg to each plate

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



1. Replace the mixed beans with any canned beans of your choice, eg pinto, butter, kidney or black beans.



Leftovers



- Share the extra salad with a friend, or save for the next day.
- Keep in the fridge until you eat it.

