Charred Vegetable Salad
RECIPE

Charred Vegetable Salad



TIME	15 mins
INGREDIENTS	11 items
MAKES	2 servings

Add some colour and flavour to your week with this charred and crunchy salad. Vegetarian food doesn't have to be boring!

INGREDIENTS

- Ben's Original™ Spicy Mexican Microwave Rice 220g
- 2tbsp Olive Oil
- 2 Corn on the Cob
- 1 Courgette, halved
- 1 Red Pepper, seeds removed and halved
- Small handful of Coriander, roughly chopped
- 1 Lemon, zest and juice
- 1tsp Dijon Mustard
- 1tsp Caster Sugar
- 1 Avocado, stone removed and sliced
- 2tbsp Sour Cream

INSTRUCTION

1. Place a griddle pan on a high heat until smoking. Take 1tbsp of the oil and coat the corn, courgette and pepper well with seasoning. Place in the pan to char on all sides and the courgette and pepper become tender.
2. Remove the corn from the cob and roughly chop the courgette and pepper. Place the remaining oil, lime juice, mustard and caster sugar in a large bowl and mix to dissolve the sugar. Add the charred vegetables and coriander to the bowl and toss to cover.
3. Heat the Ben's Original™ rice according to pack instructions and separate between two plates. Top with the dressed salad and place the sliced avocado and dollop of sour cream to the side.

NUTRITION

Amount Per Serving

- Calories 404
- Carbohydrates (g) 50.2
- Cholesterol (mg) 6
- Dietary Fiber (g) 7.7
- Energy (kJ) 1710
- Protein (g) 10.1
- Sugars (g) 9.1
- Total Fat (g) 16.6
- Saturated Fat (g) 3.3
- Salt (g) 0.69
- Sodium (mg) 274
- Trans Fat (g) 0.1

Categories:

Spicy Mexican, 15 - 30 MIN, Veggie favourites, Stove Top, Lunchboxes, Quick & Healthy.

MORE RECIPES LIKE THIS



Mexican Salad

Cooking time

20 mins

Ingredients

12 items



Stuffed Peppers

Cooking time

30 mins

Ingredients

11 items



Vegetable Fajitas

Cooking time

20 mins

Ingredients

10 items

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