Mexican Salad
RECIPE

Mexican Salad



TIME	20 mins
INGREDIENTS	12 items
MAKES	2 servings

Add some colour and flavour to your week with this tasty Mexican salad. Top with a scattering of crispy tortillas!

INGREDIENTS

- Ben's Original™ Wholegrain Spicy Mexican Microwave Rice 220g
- 1 jar chunky salsa
- 1 can of pinto beans
- 1 green pepper
- 1 red pepper
- 1 can of sweetcorn
- ½ red onion finely chopped
- 1 handful coriander leaves
- 2 tortillas
- 1 red chilli (very finely sliced)
- 1 lime (juice and zest)

- 3 tsps Olive oil

INSTRUCTION

1. Pre Heat the oven to 180C. Cut the tortillas into thin strips, lightly oil them and then place onto a baking tray, bake in the oven for 5-6 minutes for until crispy.
2. Cook the pinto beans following the instructions on the can. Cook the Ben's Original™ Rice pouch according to pack instructions.
3. Drain the can of sweetcorn and put a frying pan onto a high heat. Roast the corn in a hot frying pan for 3-5 minutes shaking the pan every couple of minutes.
4. Finely slice the red and green pepper and set aside. In a small bowl add the finely sliced red chilli, juice and zest from 1 lime then mix together with the olive oil.
5. In a large bowl add 3 tbsp of salsa, pinto beans, red and green peppers, sweetcorn, finely chopped red onions, Ben's Original™ Rice and combine it all together. Dress the salad with the chilli and lime dressing. Put two large handfuls of the salad into a bowl and finish off with a scattering of coriander leaves and crispy tortilla’s and enjoy!

NUTRITION

Amount Per Serving

- Energy (kcal) 815.42
- Dietary Fibre (g) 17.34
- Protein (g) 25.53
- Saturated Fat (g) 5.28
- Sodium (mg) 1625.28
- Total Carbohydrate (g) 119.91
- Total Fat (g) 21.44
- Total Sugar (g) 15.93
- Energy (kJ) 3409.29
- Added Sugar (g) 1.63

Categories:

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

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Mexican Style Chicken Pitta

Cooking time

25 mins

Ingredients

13 items



Chilli con carne

Cooking time

40 mins

Ingredients

13 items



Vegetable Fajitas

Cooking time

20 mins

Ingredients

10 items

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