



HEALTHYFOOD
STUDIO

MEXICAN STYLE THREE BEAN *salad*

INGREDIENTS

2	Corn on the cob, blanched
2 tsp	2 tsp butter
½ tin	Cannellini beans (rinsed and drained)
1 tin	Kidney beans (rinsed and drained)
3	Spring onions, finely sliced
1	Small bunch of coriander
2	Juice of limes
15ml	Olive oil
150g	Fine beans, steamed and cooled
1	Avocado
	Lime wedges for garnish
pinch	Salt and pepper

METHOD

- 01** Rub the corn with a bit of butter and roast over direct heat on a hot braai until charred and soft. Grill the lime wedges for garnish.
- 02** Cut the corn off the cob and allow to cool.
- 03** Combine the corn, tinned beans, spring onions, coriander, olive oil and juice of 1 lime in a bowl and mix well, season lightly. Allow to marinate for at least an hour.
- 04** When ready to serve, add the fine beans to the corn and bean mixture.
- 05** Cut the avocados into elegant slices and dress with the juice of the second lime.
- 06** Plate the bean and corn mixture on a large platter and garnish with slices of avocado and a few sprigs of coriander.
- 07** Garnish with grilled lime wedges.

COOKING

5-10
MIN

PREP

15
MIN

SERVES

6

Discovery
Vitality



WOOLWORTHS