

Warm Mexican Avocado Salad

A salad with a bit of a kick!

INGREDIENTS

Mexican Spice Mix

- 1 tsp chilli powder
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp crushed red pepper flakes
- ¼ tsp dried oregano
- ½ tsp paprika
- 1 tsp ground cumin
- Freshly ground black pepper
- Sprinkle of LoSalt

Warm Salad

- 1 tbsp olive oil
- 1 cup cooked quinoa
- 1 cup cooked brown rice
- 1 avocado, chopped
- 1 cup sweetcorn
- 12 cherry tomatoes, halved
- ½ tin black beans, drained and rinsed
- handful chopped parsley
- juice of 1 lemon



Serves 2

RECIPE BY:
SALLY BEE

METHOD

1. To start, mix all the spices, black pepper and a sprinkle of LoSalt together in a large frying pan, heat the olive oil and add the spice mix.
2. Now toss in the sweetcorn, cherry tomatoes and black beans.
3. Cook on a high heat for 4-5 minutes.
4. Add the chopped avocado and stir through gently, so as not to break up.
5. Warm through for a further 3 minutes.
6. Meanwhile add the cooked quinoa, rice, chopped parsley and lemon juice to a large bowl.
7. Now add the cooked ingredients and mix well.
8. Serve in a large bowl to share.

