

South-western-style Salad

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/yellow-rice-salad-recipe-south-africa>

Ingredients:

- 2 sweetcorn
- 2 1/6 cups black beans drained and rinsed
- 1 avocado cut into chunks
- 1 1/4 cups cherry tomatoes halved
- 4 spring onions roughly chopped
- 2/3 cup feta cheese crumbled
- lime wedges, to serve, optional
- 1 teaspoon ground cumin
- 1 tablespoon Tabasco Sauce chipotle, use regular Tabasco if you can't find this
- 2 limes
- 1 tablespoon sherry vinegar
- 2 tablespoons extra virgin olive oil

Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 87 grams
3. Cholesterol: 45 milligrams
4. Fat: 40 grams
5. Fiber: 31 grams
6. Protein: 27 grams
7. SaturatedFat: 11 grams
8. Sodium: 1410 milligrams
9. Sugar: 13 grams

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