

Mexican Salad

This is a colorful salad with a Mexican theme, using beans, tomatoes, and avocado. The chili dressing adds a little kick.

NUTRITIONAL INFORMATION

Calories	.307	Sugars	.7g
Protein	.5g	Fat	.26g
Carbohydrate	.13g	Saturates	.5g



10-15 mins



0 mins

SERVES 4

I N G R E D I E N T S

lollo rosso lettuce

2 ripe avocados

2 tsp lemon juice

4 medium tomatoes

1 onion

2 cups canned mixed beans, drained

D R E S S I N G

4 tbsp olive oil

dash of chili oil

2 tbsp garlic wine vinegar

pinch of superfine sugar

pinch of chili powder

1 tbsp chopped fresh parsley



1 Line a large serving bowl with the lollo rosso lettuce.



2 Using a sharp knife, cut the avocados in half and remove the pits. Thinly slice the flesh and immediately sprinkle with the lemon juice.

3 Thinly slice the tomatoes and onion and push the onion out into rings. Arrange the avocado, tomatoes, and onion



around the salad bowl, leaving a space in the center.

4 Spoon the beans into the center of the salad. Put all of the dressing ingredients in a bowl and whisk together. Pour the dressing over the salad and serve.

COOK'S TIP

The lemon juice is sprinkled onto the avocados to prevent discoloration when in contact with the air. For this reason, the salad should be prepared, assembled, and served quite quickly.