

Black Bean Salad

A fresh salad made for a homegrown black bean glut

DIFFICULTY Easy

COURSE Salad

CUISINE Mexican-inspired



PREP
15 min



COOK
0 min



TOTAL
15 min



SERVES
4



FREEZES WELL
No

01 Ingredients

- 400g cooked black beans (or 150g dried, soaked and cooked)
- 1 capsicum, diced
- 1/2 red onion, finely diced
- 1 avocado, diced
- 150g cherry tomatoes, halved
- 2 tbsp lime juice
- 2 tbsp olive oil
- 1/4 cup fresh coriander, chopped
- Salt and pepper, to taste

02 Method

1. Drain and rinse black beans if using tinned, or cook dried beans until tender.
2. Combine beans, capsicum, red onion, and cherry tomatoes in a large bowl.
3. Whisk together lime juice and olive oil for the dressing.
4. Pour dressing over the salad and toss gently to combine.
5. Stir through avocado and coriander just before serving, and season with salt and pepper.

04 Common mistakes

- **Adding avocado too early** — it turns mushy and bruised if tossed through with everything else; add it right at the end.
- **Not rinsing tinned beans** — rinsing removes the starchy canning liquid, which otherwise makes the dressing taste dull.
- **Under-seasoning** — beans and tomatoes need a decent amount of salt and lime to taste bright rather than flat.

03 Notes & substitutions

- Swap black beans for pinto or kidney beans - the same dressing works well.
- Add a diced jalapeno for heat.
- Crumbled feta or a handful of corn kernels both make good additions.
- Vegetarian and vegan as written.

05 Storage & leftovers

FRIDGE	Without avocado, up to 3 days in an airtight container.
FREEZER	Not recommended - the fresh vegetables and avocado don't freeze well.
SERVING	Add avocado just before eating for fresh colour and texture.