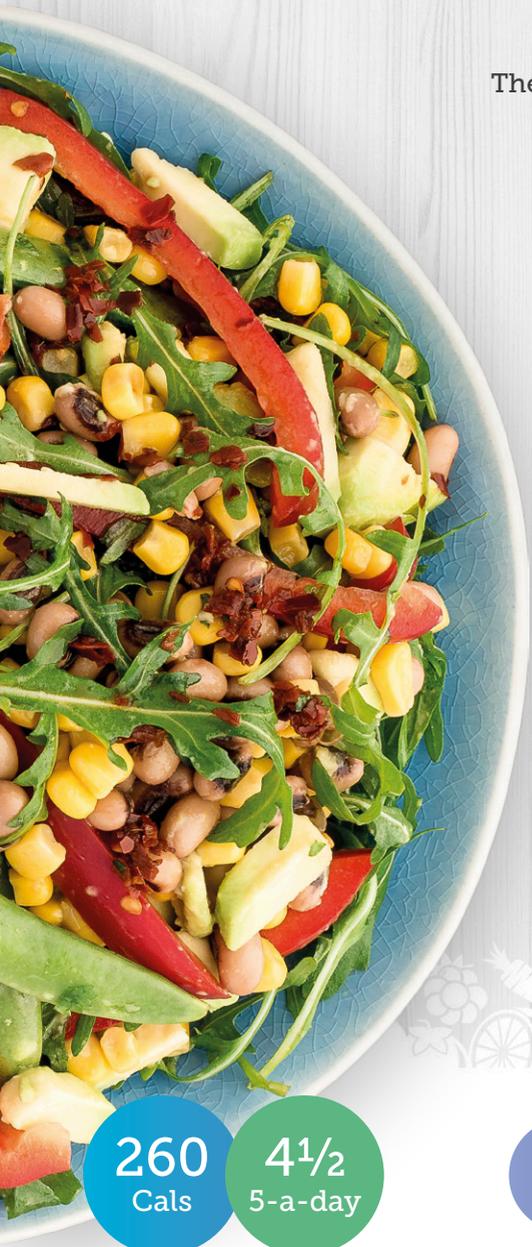


Fiery Fiesta

The taste of a Mexican fiesta on your plate



Ingredients

2	handfuls	Rocket
1/2		Avocado (cubed)
40g		Sugar Snap Peas
40g		Sweetcorn (tinned)
1/2		Red Pepper (sliced)
80g		Black Beans (tinned)

Dressing

2 drops	Tabasco
1/4	Lime (juice only)
2 sprigs	Coriander
1/2	Red Chilli (finely chopped)

Preparation

1. Whisk the **dressing** until well combined.
2. Mix the **salad ingredients**, stir through dressing and serve.

260
Cals

4 1/2
5-a-day

13g
Fibre

3g
SatFat

15g
Fat

10g
Protein

18g
Carbs

Size

Medium
365g

Recipe Tip

If you like it extra hot, add more Tabasco to this spicy dish!