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RICE AND BEAN SALAD (VE)

Rice and Bean Salad is a great way of using up leftover rice and turning it into a highly nutritious quick-to-prepare vegan lunch. Perfect for anyone whether or not you regularly follow a plant-based diet.

Serves 2

Per serving: 340 Calories, 2.1g fat

Prep time 10 mins

INGREDIENTS

1 Green Portion Pot® cooked Basmati rice (90g uncooked weight boiled in water with a vegetable stock cube)
½ red onion finely chopped
1 red pepper finely chopped
200g mixed beans, rinsed and drained
½ grated carrot
100g canned sweetcorn including the juice
1 tsp dried coriander leaf
Freshly ground black pepper

METHOD

1. Mix all the ingredients together in a large bowl and store in a refrigerator. Eat the same day.

