

Caribbean black bean and red pepper salsa

A spicy and refreshing salsa, full of flavour and great for picnics.



Serves: 6

Time: 1 hour 20 minutes

Ingredients

- 1 tin black beans or red kidney beans, drained
- half a cucumber, finely chopped
- 100g sweetcorn
- 250g fresh tomatoes, finely chopped
- 4 spring onions, finely chopped
- 1 red pepper, finely chopped

For the dressing:

- 2 tablespoons vegetable oil
- 1 clove garlic, crushed
- 4 tablespoons red wine vinegar

- Juice of 1 lime
- 1 teaspoon hot pepper sauce
- quarter of a teaspoon Worcestershire sauce
- Freshly ground black pepper

Method

1. Whisk the dressing ingredients together in a large salad bowl.
2. Simply toss the salad ingredients in the dressing and leave to stand for one hour in the fridge to allow the flavours to develop.

Nutritional Information

Each serving provides	Amount in grams
Energy	511 kilojoules/122 kilocalories
Fat	5
Saturates	0.38
Sugar	6.4
Salt	0.27

Typical values per 100g: Energy 259kJ/62kcal.

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