

# 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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