

# BLACK BEAN SUMMER SALAD

---

## INGREDIENTS

400g black beans, drained  
2 large handfuls baby spinach leaves,  
roughly chopped  
500g ripe tomatoes, chopped into large  
chunks  
½ cucumber, halved lengthways, seeds  
scooped out and sliced on an angle  
1 large red onion, halved and finely sliced  
6-8 radishes, sliced  
2 avocados, peeled and sliced  
100g feta, crumbled  
handful of herbs (reserved from the dressing)

## For the dressing

large bunch mint  
small bunch coriander  
small bunch basil  
1 fat green chilli, deseeded and chopped  
1 small garlic clove  
100ml extra virgin olive oil  
2 limes, zested and juiced  
2 tbsp white wine vinegar  
2 tsp honey

## INSTRUCTIONS

**Step 1:** Make the dressing by blending all of the ingredients in a food processor (or very finely chop them), saving a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.

**Step 2:** Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands. Top the salad with the avocados, feta and herbs, and serve the dressing on the side.

# THE COOKERY

by The Secret Jozi Chef