

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