

# Ben's Original™

Charred Vegetable Salad  
RECIPE

## Charred Vegetable Salad



<b>TIME</b>	15 mins
<b>INGREDIENTS</b>	11 items
<b>MAKES</b>	2 servings

Add some colour and flavour to your week with this charred and crunchy salad. Vegetarian food doesn't have to be boring!

### INGREDIENTS

- Ben's Original™ Mexican Style Microwave Rice 250g
- 2tbsp Olive Oil
- 2 Corn on the Cob
- 1 Zucchini, halved
- 1 Red Capsicum, seeds removed and halved
- Small handful of Coriander, roughly chopped
- 1 Lemon, zest and juice
- 1tsp Dijon Mustard
- 1tsp Caster Sugar
- 1 Avocado, stone removed and sliced
- 2tbsp Sour Cream

## INSTRUCTION

1. Place a frying pan on a high heat until smoking. Take 1tbsp of the oil and coat the corn, zucchini and capsicum well with seasoning. Place in the pan to char on all sides and the zucchini and capsicum become tender.
2. Remove the corn from the cob and roughly chop the Zucchini and Capsicum. Place the remaining oil, lime juice, mustard and caster sugar in a large bowl and mix to dissolve the sugar. Add the charred vegetables and coriander to the bowl and toss to cover.
3. Heat the Ben's Original™ rice according to pack instructions and separate between two plates. Top with the dressed salad and place the sliced avocado and dollop of sour cream to the side.

## NUTRITION

### AMOUNT PER SERVING

- Energy (kj) 1664
- Protein (g) 9.7
- Total Fat (g) 14.9
- Saturated Fat (g) 2.8
- Carbohydrates (g) 51.7
- Total Sugars (g) 7.6
- Sodium (mg) 310

## Categories:

[Mexican Style](#), [Stove Top](#), [15 - 30 Mins](#), [Vegetarian](#), [Quick and Healthy](#)

## MORE RECIPES LIKE THIS



### [Grilled Chicken](#)

Cooking time

20 mins

Ingredients

8 items



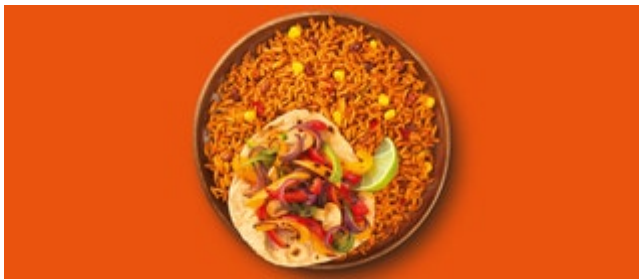
## **BBQ Chicken Bowl**

Cooking time

30 mins

Ingredients

13 items



## **Vegetable Fajitas**

Cooking time

20 mins

Ingredients

10 items

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**Source URL:** <https://au.bensoriginal.com/recipes/Charred-Vegetable-Salad>