Charred Vegetable Salad
RECIPE

Charred Vegetable Salad



TIME	15 mins
INGREDIENTS	11 items
MAKES	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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