



**CHLOË BOWLER**  
complete wellbeing

## **MEXICAN BEAN SALAD**



### **Ingredients (Serves 2):**

1. 1 400g tin of Kidney Beans in Chilli Sauce
2. 1 160g tin of Sweetcorn in Water
3. 6 tbsp Olive Oil
4. 1 tbsp White Wine Vinegar
5. 1 tbsp Mustard Powder
6. Handful of Chives
7. 4 Spring Onions
8. Little Gem Lettuce to Serve

### **Method:**

1. Drain the sweetcorn, and add to the kidney beans in a large bowl.
2. Chop up the spring onions and add to the salad.
3. Make a dressing with the olive oil, vinegar, mustard powder and season well with salt and pepper. Add this dressing to the salad.
4. Cut the chives with scissors into the mixture and serve in lettuce leaves.

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