

Quinoa and Black Bean Mexican Salad



Rich in protein, fibre, vitamins, and minerals...This vegan take on ceviche is not only nutritious and colourful but also packed full of flavour.

Ingredients

- 1 cup quinoa
- 1/4 tsp salt
- 2 cups salt reduced chicken stock
- 1 canned black beans, rinsed
- 2 corn on cob, blanched
- 1 red capsicums, sliced
- 1/2 cup coriander, chopped
- 200 g grape tomatoes, cut in half
- 1 lime, juiced
- 1/2 red onion, diced
- 2 tbsp pickled jalapenos, diced (optional)
- 70 g corn chips (optional)

Method:

1. In a saucepan over medium high heat, bring chicken stock, salt and quinoa to a boil. Reduce heat to low for a gentle simmer and cook for 15 minutes stirring occasionally until the quinoa has absorbed all the liquid. Remove from heat, and cover the pot with a lid to let quinoa sit for a further 5 minutes to steam. When ready, remove the lid and fluff quinoa with a fork.
2. Preheat chargrill to high.
3. Next, place the whole capsicums on the chargrill and cook until the skin is black. When charred all over, remove them from the grill and transfer to a bowl, covered with cling wrap. Leave this to sweat for 5-10 minutes. Peel the charred skin from the capsicum and discard the seeds, slice into large strips.
4. While capsicums are sweating, place corn cobs on chargrill and cook for 2-3 minutes on each side till slightly charred. Take off heat, place corn on a chopping board and when cool enough to handle, cut the kernels off the cob.
5. In a large bowl, combine the quinoa, black beans, tomatoes, red onion, corn, capsicums, coriander, lime juice, olive oil and jalapenos (if you are using). Season to taste. Toss well and serve with corn chips for some crunch.