

# Mexican Rice Salad

OSHC

Food Foundations



Serves: 20

Prep Time: 15 minutes

Cook Time: 15 minutes

## Ingredients

- 3 cups basmati rice
- 1 x 400g can black beans, no added salt
- 2 x 400g can red kidney beans, no added salt
- 2 x 400g can corn kernels, no added salt
- 3 red capsicums
- 2 punnets cherry tomatoes
- 4 avocados
- 5 limes
- ¼ cup extra virgin olive oil
- Tortillas, toasted, for serving

## Method

1. Cook the basmati rice according to packet instructions. Cool completely.
2. Drain and rinse the black beans, red kidney beans and corn.
3. Dice the red capsicum, cherry tomatoes and avocado.
4. Combine the cooked and cooled basmati rice, black beans, red kidney beans, corn, capsicum, tomatoes and avocado in a large mixing bowl.
5. Squeeze in the juice of the limes and the extra virgin olive oil. Mix well to dress the salad evenly.
6. Serve with toasted tortilla chips.

### Recipe Notes:

Cooked rice is a high-risk food. Ensure that it is prepared and handled safely, that leftovers are used within 2-3 days and that the salad is cooled and stored in the fridge <5°C. Fresh corn can be used in the place of tinned corn.

Food Group	Serves provided per portion
Vegetables	1
Fruit	0
Grain foods	0.9
Lean meat and alternatives	1.5
Milk, yoghurt and cheese	0