

Less than 45 minutes

Serves 2-3

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

Tangy bean salad:

- 1/3 cup (80ml) white balsamic vinegar
- 1/3 cup (80ml) water
- 3-4 Tbsp (45-60ml) brown or coconut sugar
- 1 tsp (5ml) each chilli flakes and smoked paprika
- 1 can (400g) red kidney beans, drained and rinsed
- 1 can (400g) white kidney beans, drained and rinsed
- 1 can (400g) chickpeas, drained and rinsed
- Grated peel of 1 lemon
- Handful chopped fresh herbs (like coriander, parsley or mint)

Nachos:

- 1 packet (100g) corn chips or PnP beer grain crisps
- 2 avocados, halved
- Handful halved cherry tomatoes (optional)

Method:

1. Combine vinegar, water, sugar and spices in a saucepan and stir until sugar dissolves. Remove from heat.
2. Add beans, chickpeas and grated lemon peel to vinegar mixture.
3. Set aside to infuse for 30 minutes (or longer).
4. Add herbs and divide between serving bowls.
5. Serve with corn chips or crisps, avo and tomato.