



Black bean nourish bowl

Makes 2

Ingredients

- 1 cup brown rice
- ½ cup canned black beans
- 1 avocado
- Green Olives cut into halves
- 60gm corn
- 60gm goats cheese
- 2 cups spinach
- 1 Tinned of diced tomatoes.
- 1 red onion

Recipe

1. 1 cup of brown rice to 2 cups of water on the stove bring to the boil and leave to cook for 20-25 minutes with the lid on. (check occasionally as it may need longer or shorter time)
2. While this is cooking open the tin of tomatoes and place into a bowl and chop the red onion and add to the tomato salsa. Season with salt and pepper and mix thoroughly.
3. In 2 bowls put half the spinach, corn, tomato, olives, goats cheese.
4. Dice the avocado and add to the bowl.
5. Drain the black beans and rinse thoroughly.
6. Then top with the black beans and brown rice and tomato salsa.

