

Kidney Bean and Chilli Salad

by Margaret Fulton

185g (6oz) Red Kidney Beans, soaked overnight

Salt

6 tablespoons Chilli Dressing *

125g (4oz) Frozen Sweetcorn, cooked, or 1 x 200g can, drained

1 Red Pepper, cored, seeded and chopped

2 tablespoons chopped Parsley

Drain the kidney beans, place in a pan and cover with cold water. Bring to the boil, cover and simmer for 1 to 1½ hours, until tender, adding a little salt towards the end of cooking.

Drain the beans thoroughly and place in a bowl. Pour over the dressing and mix well while still warm. Leave to cool.

Add the sweetcorn and red pepper. Toss thoroughly and adjust the seasoning if necessary. Transfer to a serving dish and sprinkle with the chopped parsley to serve.