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Black Bean & Green Chilli Spread

Preparation time: 10 minutes

Recipe by: Ryvita



INGREDIENTS

400g can black beans, drained and rinsed

½ small red onion, finely diced (30g)

1 clove garlic, grated (3g)

1 green chilli, ½ finely chopped, ½ finely sliced, or to taste (20g)

Juice 1 lime (10g)

1 tsp ground cumin (2g)

Small bunch coriander, a few leaves reserved for garnish (4g)

4 Pumpkin Seed and Oat Crunch rye breads (48g)

METHOD

1. Blitz the black beans, red onion, garlic, chopped green chilli, lime juice, cumin, coriander and some seasoning together in a food processor until smooth.
2. Spread onto the crunchy rye breads and garnish with the sliced green chilli and coriander leaves.

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