




## Recipe Details

**Recipe Name :** Black Bean Chilli With Avocado Salsa  
**Recipe Category:**  
**Author :** Jamie Oliver  
**Created :** February 16, 2015  
**Last Updated :** February 16, 2015  
**Portions :** 6

### Weight (Per Portion)

One portion of this dish weighs approximately 338.00 Grams

### Recipe Ingredients

Ingredient	Quantity	Allergen Warnings
Avocado	800 Gram	
Blackeye beans, dried, raw	225 Gram	
Coriander leaves, fresh	25 Gram	
Oil, olive	2 Tablespoon	
Onions, raw	2 Medium	
Garlic	1 Clove	
Beef, braising steak, raw, lean	450 Gram	
Flour, 00, plain	1 Tablespoon	 Gluten
Pepper, hot chilli, red, raw	1 Large	
Lime, juice	0.5 Unit	

### Recipe Alerts

**Allergen Warnings:**



### Recipe Method

Either pre-soak the beans overnight or start this recipe 3 hours ahead of time and begin by placing the beans in a large saucepan, covering them with cold water and bringing them up to boiling point and boiling for 10 minutes. Then turn the heat off and let them soak for 3 hours. Towards the end of the soaking time, pre-heat the oven to gas mark 2, 300

