

Mexican Corn Salad

Equipment Needed

- Large frying pan
- Wooden spoon or spatula
- Large mixing bowl
- Chopping board
- Sharp knife
- Measuring cups and spoons
- Juicer
- Spoon for serving

Ingredients

- **Kernels from 5 large corn ears (or approx. 5 cups frozen corn, not thawed)**
- **30g butter**
- **2 garlic cloves, minced**
- **$\frac{3}{4}$ tsp salt**
- **$\frac{1}{2}$ tsp black pepper**
- **$\frac{1}{3}$ cup mayonnaise**
- **$\frac{1}{3}$ cup sour cream or plain yoghurt**
- **$\frac{3}{4}$ cup finely grated parmesan cheese**
- **1 cup green onion, finely sliced**
- **$\frac{1}{2}$ –1 small red onion, finely diced**
- **3–4 tablespoons fresh lime juice (to taste)**

Optional (omit for students if preferred):

- Very small amount finely diced jalapeño
- Small sprinkle of feta on top

Method

1. Prepare the corn

Carefully cut kernels off the cob. If using frozen corn, cook from frozen (do not thaw).

2. Cook the corn

Melt butter in a large frypan over high heat.

Add garlic and cook for 10 seconds until fragrant.

Add corn and cook for 5–7 minutes, stirring occasionally, until slightly golden.

3. **Season**

Add salt and pepper while cooking. Stir to combine.

4. **Mix dressing**

Transfer hot corn to a large bowl.

Add mayonnaise, sour cream (or yoghurt), lime juice and parmesan.

Stir well — the heat from the corn will melt the dressing.

5. **Add fresh ingredients**

Stir through green onion, red onion and coriander (if using).

6. **Serve**

Spoon a small amount to taste.

Serve warm or at room temperature.