



Corn Salsa

Season: Summer/Autumn

Type: Dips

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: coriander, corn, green capsicum,
red capsicum, spring onion

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This is such an easy recipe but such a tasty dish! You can use it as a dip alongside flatbread wedges, or as a sauce on steamed vegetables – what else could you have it with?

Equipment:

tea towel
chopping board
kitchen knife
metric measuring spoons
frying pan with lid
wooden spoon

Ingredients:

1 red capsicum
1 green capsicum
2 corn cobs cooked.
3 spring onions finely chopped
1/2 teaspoon cumin seeds
1/2 teaspoon coriander powder
3 tablespoons extra virgin olive
oil salt
handful fresh mint leaves
handful fresh coriander

What to do:

- Slice the 2 capsicums finely.
- Carefully slice the corn kernels from the cob.
- Slice the spring onions into long lengths.
- Dry-fry the cumin and coriander seeds for 1 minute, then add the oil.
- Add the capsicum and fry for 5 minutes.
- Add and stir through the corn kernels, cover with the lid and cook for 5 minutes. Then take off the heat and leave, covered, to steam for a few minutes.
- Add the spring onions and taste for seasoning, adding salt and if necessary.
- Roughly tear up the coriander and the mint leaves and sprinkle over the dip before serving.

