



Corn Salsa

Equipment	Ingredients
Fry pan	2 cups corn kernels
Wooden spoon	2 tablespoons olive oil
Large salad bowl	2 garlic cloves
Citrus juicer	1 large tomato diced or 6 cherry tomatoes
Chopping boards	1 cucumber diced
Knives	½ capsicum diced
	¼ red onion diced
	2 spring onion or coriander thinly sliced
	Juice of 1-2 limes/lemons
	Optional (substitute 1 cup corn for chickpea)

METHOD

1. Place corn kernels in fry pan with garlic and olive oil. Fry 10 minutes stirring occasionally. Transfer to large salad bowl to cool slightly.
2. Add prepared vegetables and herbs to corn.
3. Add juice of one lime/lemon to salad, stir and taste. Season and add more lime/lemon if needed.
4. Garnish with extra herbs before serving with corn chips or tortillas.