

Mexican Corn, black bean, tomato & avocado salad

This makes a lovely light meal or can be served as an accompaniment to BBQ steak, chicken, fish or poached eggs. Either way it's fresh and zingy.

INGREDIENTS

Serves 4 - 6

Salad

1 can black beans, drained, rinsed
1 can corn kernels (or 2 fresh cobs)*
2 Roma tomatoes or 200g grape tomatoes*
1 Lebanese cucumber
½ small Spanish onion
1 red capsicum
1 long red chilli (&/ or a small red chilli)
1 bunch roughly chopped coriander leaves
1 avocado
optional 100g Ranchero or fetta cheese
2 tablespoons Jalapeños

Dressing

1 tablespoon lime or lemon Juice
3 tablespoons olive oil
½ teaspoon cumin
½ teaspoon sweet paprika
1 clove garlic, finely chopped or minced

METHOD

1. Drain beans and corn. Rinse beans well and transfer both to a large mixing bowl.
*If using fresh corn cobs, char on the BBQ grill, cool then slice the kernels from the cobs.
2. Dice the Roma tomatoes or if using grape tomatoes, halve lengthways.
3. Dice the cucumber, onion, capsicum and chilli and add to the bowl.
4. Combine dressing ingredients in a small jar and shake well.
5. Lastly dice the avocado and stir half through the salad with the dressing and most of the coriander.
5. Garnish with the remainder of the avocado, crumbled cheese, sprigs of coriander and Jalapeños.

Recipe by Louise Edney