

Mexican chilli, sweetcorn & kumara salad



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Preparation 25 mins | Cooking 30 mins | Serves 4

600g small kumara (orange sweet potato), peeled and cut lengthways into thick wedges

4 jalapeno chillies, halved lengthways and deseeded

Olive oil cooking spray

3 cobs sweetcorn, husks and silks removed

200g mixed small tomatoes, thickly sliced

400g can black beans, drained and rinsed

½ cup coriander leaves, roughly chopped + extra leaves to serve

½ small red onion, finely sliced

¼ cup lime juice

1 tbs extra virgin olive oil

1 ripe avocado

Reduced fat sour cream, lime wedges & warmed soft tortillas, to serve

STEP 1 Place kumara and jalapeno chillies onto a large baking tray lined with baking paper. Spray liberally with oil. Roast for 25-30 minutes or until tender. Remove and set aside to cool slightly.

STEP 2 Meanwhile, heat a greased char-grill or large frying pan over medium-high heat. Add corn cobs and cook, turning occasionally, for 8-10 minutes until corn is charred. Remove from heat and set aside to cool.

STEP 3 Place tomatoes, black beans, coriander, onion, 2 tbs lime juice and oil into a large bowl. Slice corn kernels from the cobs and add to salad. Season with salt and pepper to taste. Toss to combine.

STEP 4 Arrange kumara and chillies onto a serving platter. Top with corn salad. Peel and dice avocado then drizzle with remaining 1 tbs lime juice. Sprinkle avocado and extra coriander leaves over salad. Serve with sour cream, lime wedges and warmed soft tortillas.