



AVOCADO, SWEETCORN & TOMATO SALSA SALAD CUPS



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Preparation 25 mins | Cooking 4 mins | Makes 6

We packed the salads in 500ml disposable plastic cups however you can use any container or lunchbox.

- 3 sweetcorn cobs, husks and silks removed
- 2 ripe avocados, halved
- 1 tbs lemon juice
- 350g tomato medley, halved
- ½ cup mild tomato salsa sauce
- ½ medium Iceberg lettuce, shredded
- Coriander leaves and corn chips, to serve

STEP 1 Place corn in a microwave safe container, cover and microwave on high for 4 minutes. Uncover and set aside for a few minutes to cool. Slice off the kernels and set aside.

STEP 2 Spoon avocado flesh into a bowl. Drizzle with lemon juice and season with salt and pepper. Mash until just smooth. Set aside. Combine tomato medley and tomato salsa sauce in a bowl. Set aside.

STEP 3 To assemble the salads, layer the lettuce, sweetcorn, tomato mixture and avocado into serving cups. Top each with a coriander leaf and serve with corn chips.

Good for you... **SWEETCORN**

A good source of dietary fibre which contributes to normal laxation Provides niacin (vitamin B3) which is needed for the release of energy from food and also the B vitamins biotin and folate. Biotin contributes to the maintenance of healthy skin, mucous membranes and hair while folate is needed for the formation of blood cells.



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