



MEXICAN SWEETCORN & BEAN SALAD



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Preparation 20 mins | Cooking 15 mins | Serves 4

4 sweetcorn cobs, husks and silks removed

Olive oil spray

1 ripe large avocado

2 tbs lime juice

½ cup reduced fat sour cream

2 tbs mild peri peri sauce

400g tomato medley, halved

1 green onion (shallot), finely sliced

400g can black beans, rinsed and drained

⅓ cup coriander leaves, chopped

1 cup grated cheddar cheese

Warmed tortillas, extra coriander leaves & lime wedges

STEP 1 Preheat a char-grill pan or barbecue grill on medium-high heat. Spray corn with oil and char-grill or barbecue, turning occasionally, for 12-15 minutes or until charred and kernels are tender. Transfer to a board to cool.

STEP 2 Peel avocado and remove seed. Scoop flesh into a bowl, add 1 tbs lime juice and roughly mash. Set aside. Combine sour cream and peri peri sauce in a bowl. Stir until just combined. Set aside

STEP 3 Combine tomatoes, green onion, black beans, coriander and remaining 1 tbs lime juice in a large bowl. Season with salt and pepper. Set aside.

STEP 4 Slice corn kernels from the cobs and add to the tomato mixture. Gently toss to combine. Serve with the mashed avocado, grated cheese, peri peri, sour cream, warmed tortillas and lime wedges.



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