



TEX MEX SWEETCORN, TOMATO & BLACK BEAN SALAD



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Preparation 20 mins | Cooking 4 mins | Serves 4

- 3 sweetcorn cobs, husks removed
- 400g tomato medley, sliced
- 2 green onions (shallots), trimmed and thinly sliced
- 1 yellow capsicum, deseeded and cut into small dice
- 400g black beans, rinsed and drained
- ½ cup coriander leaves, chopped
- 1 cup grated tasty cheese
- 1 tbs lime juice
- 1 tbs extra virgin olive oil
- Corn chips, to serve

Creamy avocado mash:

- 1 ripe avocado, halved lengthways, peeled and stone removed
- 2 tbs reduced fat sour cream
- 1 tbs lime juice

STEP 1 Wash the corn in cold water (do not dry) and place into a shallow microwave safe bowl. Microwave on high for 4 minutes. Set aside to cool.

STEP 2 To make creamy avocado mash, place avocado flesh into a bowl. Roughly mash using a fork. Add sour cream and lime juice and mix until smooth. Set aside.

STEP 3 Place cooled corn, tomatoes, green onions, capsicum, black beans, coriander, cheese, lime juice and oil in a large bowl. Toss to combine.

STEP 4 Spoon into airtight lunch boxes or bowls. Top with avocado mash. Serve with corn chips and team with fresh fruit if liked.