



## Mexican Salada

**List of ingredients**

- 2 corn cobs
- 2 zucchini, halved lengthwise
- 4 tomatoes, diced
- 1 medium red onion, sliced thinly

**Dressing**

- 1 tablespoon sweet chilli sauce
- 1/3 cup lemon juice

*Feeds 4 people.*

**How to cook the dish**

Cook corn in boiling water for 5 minutes.

Cool and cut off the kernels with a sharp knife - holding the cob at the top and running the knife downwards against the cob.

Cook the zucchini in a lightly greased pan until just browned but still crisp.

Combine corn, zucchini, onion and tomato in a bowl.

Mix dressing ingredients together and pour over the salad.

Toss gently.

**Tip:**

Add diced avocado, peppers, rocket, and chicken or canned fish to make a complete meal when served with crusty wholemeal bread.