

CORIANDER, BLACK BEAN AND CORN SALSA

Equipment needed –

Small saucepan, colander, sieve, small knives, chopping boards, can opener, juicer, measuring spoons, large bowl and 3 small serving bowls.

Ingredients from the Garden –

- 1 cup of frozen corn
- 1 bunch of coriander
- ¼ cup of lime juice
- 1 red pepper, seeded and finely diced
- 1 small red onion
- 5 spring onions, finely sliced
- 1 avocado, peeled, pitted and diced

Ingredients from the Pantry –

- 2 cans of black beans
- 1 can of Italian style diced tomatoes, drained
- 2 tablespoons of olive oil
- 1 tablespoon of minced garlic

What to do –

1. Place the corn in a small saucepan, cover with cold water and bring to the boil. Cook for 7 minutes or until tender.
2. Open the cans of black beans, empty into a colander over the sink and rinse with cold water.
3. Open the can of tomatoes into a sieve and drain over the sink.
4. Wash and finely dice the capsicum, removing all of the seeds and place in a large bowl.
5. Wash and finely dice the spring onions and place in the large bowl.
6. Peel and finely dice the red onion and add to the large bowl.
7. Wash, and chop the coriander and place in the large bowl.
8. Add the drained tomatoes and black beans to the bowl and mix well to combine.
9. Once the corn has been cooked carefully empty into a colander over the sink to drain and set aside to cool.
10. Measure out 1 tablespoon of minced garlic and ¼ cup of lime juice and add to the large bowl.
11. Peel, remove the seed and dice the avocado. Add the diced avocado to the large bowl and set aside. Gently toss to combine.
12. Measure out 2 tablespoons of olive oil and drizzle into the salsa. Gently toss then divide the salsa into 3 small serving bowls.

Serves –

- 28 students.