

## CORN SALSA

### Equipment needed –

Small saucepan, juicer, small knives, chopping boards, colander, large bowl

### Ingredients from the Garden –

- 2 red capsicums
- 2 cobs of corn, kernels removed
- 2 ripe avocados
- 1 cup of coriander
- 2 tablespoons of lime juice

### Ingredients from the Pantry –

- salt and pepper to season

### What to do –

1. Fill a small saucepan with water and bring to the boil.
2. Cook the corn kernels for 2-3 minutes in the saucepan of boiling water.
3. Drain the corn in a colander over the sink and refresh by running cold water over the corn. Drain well and set aside.
4. Wash the capsicum and cut in half to remove all of the seeds. Cut the capsicum into strips, then dice into small pieces. Place the diced capsicum in a large bowl and set aside.
5. Cut the avocados in half. Remove the pip and scoop out the insides of the avocado using a spoon. Cut the avocado into small pieces and add to the large bowl with the capsicum.
6. Pick, wash and finely chop the coriander and add to the bowl with the capsicum and avocado.
7. Cut the lime in half and juice. Add 2 tablespoons of lime juice to the large bowl with the vegetables.
8. Gently toss to combine and season with salt and pepper.
9. Divide the salsa into 3 small serving bowls.

### Serves –

- 28 students.