

Mexican Salad

Ingredients

Dressing:

- 4tbs olive oil
- 2tbs lemon juice
- ½ tsp castor sugar
- 1 tsp Mexican chilli powder

What to do:

Combine measured ingredients in a screw top jar SHAKE to COMBINE and set aside.

Salad:

- 4 cups of lettuce WASHED, DRIED and SHREDDED
- 250g cherry tomatoes WASHED and QUARTED
- 400g can of kidney beans DRAINED and RINSED
- 2 corn cobs silk and husk REMOVED, kernels carefully CUT from the cob
- 4 spring onions WASHED, outer leaves REMOVED, finely SLICED
- 1 avocado PEELED, seed removed and DICED

What to do:

1. Prepare all salad ingredients as instructed.
2. As each salad item is prepared place together in a large salad bowl.
3. SHAKE prepared salad dressing and POUR over salad. Gently TOSS.
4. Divide between 5 serving bowls.