

Our Recipe

VEGGIE
RECIPE

SWEETCORN WEEK



Ingredients

Shockingly Scary Sweetcorn Salsa

Serves 10

250g sweetcorn, tinned
50g red onion, diced
50g spring onions, thinly sliced
400g fresh whole tomatoes, chop, or dice
1 fresh lime
25g fresh coriander, chopped



Method

1. Strain the sweetcorn from the tin.
2. Dice the red onion, chop, or dice the tomatoes, thinly slice the spring onions, and gently mix together.
3. Cut the lime in half and squeeze the juice on to the mixture.
4. Add the freshly chopped coriander.
5. Store in the fridge until you want to serve the salsa.

**EAT THEM
TO DEFEAT THEM**