

Salsa with Avocado, Black Beans & Corn

INGREDIENTS

- * 1 Avocado
- * 1 can of black beans
- * 1 small can of sweet corn
- * 10-12 cherry tomatoes
- * 3 spring onions
- * 1 red chilli
- * Large handful of chopped fresh coriander

For the dressing

- * 1 tbsp extra virgin olive oil
- * 1/2 tsp cumin
- * 1/2 tsp sugar
- * 1/2 clove of garlic chopped
- * Juice from 1/2-1 lime
- * Salt and pepper

tasty alternatives...

- * use green chilli instead of red
- * use fresh corn
- * use red kidney beans

EQUIPMENT



Caution!

Children should always be supervised when using sharp kitchen equipment such as knives.

METHOD

1. Half the cherry tomatoes and slice the spring onions then peel and chop the avocado into large chunks.
2. Place in a large bowl. Drain the beans and sweetcorn and add to the bowl. Use a large spoon to gently toss all the ingredients together.
3. Mix all the dressing ingredients together and mix well.
4. Now deseed and chop the red chilli add it to the dressing, pour over the chopped salad and sprinkle with the fresh coriander.
5. Serve immediately as a main course or side dish.

skills...

- * combining ingredients
- * using a knife
- * mixing

healthy facts...

- * avocado is high in vitamin E and full of good fats.
- * red chilli can increase your metabolism by up to 15%
- * garlic is great for the immune system

Taking care!

- * Always wash your hands
- * Keep equipment and surfaces clean