

AVOCADO & CORN SALAD

INGREDIENTS

3 cups cooked corn, about 3 medium/ large ears of corn

1 red bell pepper

1 can of black beans, rinsed and drained

2 avocados, not overly ripe

¼ cup red onion

1 Jalapeño , optional

4 tbsp fresh cilantro

Dressing

¼ cup fresh lime juice,

1 tbsp apple cider vinegar

3 tbsp olive oil

1 tbsp honey,

1 tsp smoked paprika

¾ tsp kosher salt

¼ tsp pepper

¼ tsp garlic powder

2 tbsp fresh cilantro , optional for dressing

INSTRUCTIONS

Step 1: If the corn is frozen, thaw it according to the package. I prefer it fresh off the cob for extra crunch. If using fresh corn on the cob, peel and shuck it.

Step 2: Mix up all the dressing ingredients in a small bowl, apple cider vinegar, oil, seasoning, chopped cilantro, honey, lime juice. Give it a taste and adjust as needed.

Step 3: Chop up the jalapeño, red bell pepper, avocado, onion, and cilantro into bite sized pieces. Try to keep everything close in size to a piece of corn.

Step 4: With a sharp knife and steady hand, place the corn cob on a non slip cutting board vertically and use the knife to slice all the corn kernels off in a downward direction. Gently separate the kernels if they are all stuck together, some stuck together is okay, and looks beautiful in the salad.

Step 5: Assemble salad by adding all the ingredients together, peppers, onion, black beans, cilantro, jalapeño, avocado and pour dressing over the salad. Toss well, serve.

THE COOKERY

by The Secret Jozi Chef