

# AVOCADO & CORN SALAD

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## 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