Mexican Chopped Salad

Serves: 32 servings

From the garden: Corn, pumpkin, yacon, spinach, lettuce & coriander

Equipment:
- Chopping boards
- Knives
- Medium saucepan
- Tong
- Small bowl
- Large bowl
- Serving spoon
- Measuring cups

Ingredients:

For the salad:
- 2 corn on the cob
- ¼ pumpkin (peeled & cut into cubes)
- 1 yacon (peeled & cut into small cubes)
- 1 cup spinach
- 1 head lettuce
- 1/2 capsicum (seeded & cut into cubes)
- 1/2 cup coriander (finely chopped)
- 1 can red kidney bean (drained & rinsed)
- 1 bottle of tomato relish

Method:
1. Heat oven to 180C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Put the pumpkin in a small bowl, sprinkle with some olive oil, salt and pepper then stir until well mixed.
4. Pour into a lined baking tray and bake in the oven for 20 minutes or until cooked.
5. Heat a saucepan half filled with hot water from the kettle on high heat.
6. Put the corn on the cob in when the water is boiling and cook for 3 minutes.
7. Using a tong, remove the corn from the water and allow it to cool.
8. Cut the corn kernels off the cob.
9. Combine all the ingredients in a large bowl and toss it.
10. Serve into 5 large serving bowls and ladles.