

# Mexican Chopped Salad

Serves: 32 tastings



**From the garden:** Corn, tomato, capsicum, onion & parsley

## Equipment:

- Chopping boards and knives
- Medium saucepan x 1
- Tong x 1
- Small bowl x 1
- Medium bowl x 1
- Wooden spoon x 1
- Measuring cups
- Measuring spoons

## Ingredients:

### For the salad:

- 2 cobs of corn
- 1 cucumber (cut into small cubes)
- 4 tomatoes (chopped)
- 4 capsicums (seeded & cut into cubes)
- 1 onion (chopped)
- 1/2 cup parsley (finely chopped)
- 1 can red kidney bean (drained & rinsed)

### Dressing:

- 1/4 cup olive oil
- 3 tablespoons white wine vinegar
- 1 tablespoon white sugar
- 1/4 teaspoon salt
- 10 grinds pepper

## Method:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Boil the corn in a medium saucepan filled with hot water from the kettle for 2 minutes.
3. Remove corn from water, allow to cool and cut the corn kernels off the cob.
4. Put all vegetables, herb and beans in a medium bowl.
5. Mix all the ingredients for dressing together in a small bowl.
6. Add dressing onto the vegetable and toss well.
7. Serve into 5 large serving bowls with serving spoons.