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:
¼ cup olive oil
3 tablespoons white wine vinegar
1 tablespoon white sugar
¼ 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.