

# Jumpin' corn and bean salad

- 3 sweet corncobs
- ☐ 400g mixed baby tomatoes
- ☐ 2 baby cos lettuce, leaves separated
- ☐ 400g can red kidney beans, rinsed, drained
- ☐ 1 small red onion, thinly sliced
- ☐ 1/2 cup fresh coriander leaves
- ☐ 80ml (1/3 cup) extra virgin olive oil
- ☐ 1 lime, juiced
- ☐ 1 teaspoon honey

## 1. Step 1

Cook the corn in a saucepan of lightly salted boiling water for 10-12 minutes or until just tender. Refresh under cold water. Drain.

Use a sharp knife to cut down the length of each corncob, close to the core, to remove the kernels.

## 2. Step 2

Halve or quarter the tomatoes, depending on their size. Tear the lettuce into large pieces. Arrange the lettuce, corn kernels, tomato, beans, onion and coriander in a bowl.

## 3. Step 3

Whisk the oil, lime juice and honey in a bowl. Drizzle over the salad.