

# SUMMER SALSA SALAD



## INGREDIENTS

½ large capsicum, diced into large cubes  
1 red onion, diced  
100g snow peas, diced  
1-2 cobs corn, cooked kernels only, lightly steamed or raw  
1 avocado, diced  
100g cherry tomatoes, halved  
1 lime, juice only  
salt and pepper to taste

PREPARATION TIME: 10 MINS

COOKING TIME: N/A

SERVES: 4

## METHOD

- \* Combine all ingredients except avocado and lime in a bowl and mix well.
- \* Add avocado and lime juice to the salad mix and gently toss.
- \* Serve alone or with your favourite protein.

## REHEATING, STORAGE & LEFTOVERS

- \* This salad will keep for a few days in a covered container in the fridge. If you're not using it immediately, keep the avocado separate until serving.

## VARIATIONS & TIPS

- \* Try adding diced carrot, cheese and/or fresh coriander for extra flavour. If serving with seafood, try adding a little orange or grapefruit segments too.

## NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to confirm there are no nasties in your ingredients.