



Corn Salsa

Season: Summer/Autumn

Type: Dips

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: coriander, corn, green capsicum,
red capsicum, spring onion

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

This is such an easy recipe but such a tasty dish! You can use it as a dip alongside flatbread wedges, or as a sauce on steamed vegetables – what else could you have it with?

Equipment:

tea towel
chopping board
kitchen knife
metric measuring spoons
frying pan with lid
wooden spoon

Ingredients:

1 green capsicum
1 red capsicum
4 corn cobs
2 spring onions
1 teaspoon cumin seeds
½ teaspoon coriander powder
tablespoon extra virgin olive oil
salt
pepper
handful fresh coriander

What to do:

- Slice the 2 capsicums finely.
- Carefully slice the corn kernels from the cob.
- Slice the spring onions into long lengths.
- Dry-fry the cumin and coriander seeds for 1 minute, then add the oil.
- Add the onion and capsicum and fry for 5 minutes.
- Add and stir through the corn kernels, cover with the lid and cook for 5–7 minutes. Then take off the heat and leave, covered, to steam for a few minutes.
- Taste for seasoning, adding salt and pepper if necessary.
- Tear up the coriander and sprinkle over the dip before serving.

