



I have made this sweet corn and tomato salad and it was like sunshine and morning dew combined. It was so mellow, so light and so filling.

Ingredients

1 can of sweet corn

1/2 of a red bell pepper, finely chopped

1 small onion finely chopped red

1/4 cup finely chopped coriander leaves

1/2 teaspoon salt

1/2 teaspoon coarse black pepper

2 limes, freshly squeezed

2 tablespoons olive oil



Method

First, remove your sweet corn from the can and rinse them before using them in this salad. Slice up your onions into large rings and soak them in some hot water and salt. You can also soak them in some vinegar. This gets rid of the strong onion flavor which may potentially overwhelm the taste of the other ingredients in the salad. And avert any potential onion breath after eating. Then, chop your tomatoes into large pieces. If you have cherry tomatoes chop them into halves. But for the large tomatoes, chop them up into large pieces. Chop up your roughly fresh coriander and finely chop your red bell pepper and add them to the bowl. Sprinkle some black pepper over them according to your taste.

Mix it all up and then add your olive oil and mix this once again. By this time, the onions have soaked up well. Drain the water and add the onions to the salad.



SERVE WITH: any starch, protein or on their own.

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/sweet-corn-tomato-salad/>