

## MEXICAN LETTUCE SALAD

lettuce leaves

1 tomato

200 grams tinned corn kernels OR 1 corn cob  
(cook and cut kernels off)

200 grams cooked black beans

1 avocado

### DRESSING

2 tablespoons apple cider honeygar

2 tablespoons olive oil

1 tablespoon preserved Jalapeño peppers, very finely chopped (make it less if you don't like hot and more if you do!)

¼ teaspoon ground cumin

¼ teaspoon ground coriander

¼ teaspoon paprika

salt, pepper



Make the dressing by putting all ingredients into a jar and shaking it well.

Tear lettuce leaves into a bowl. Rinse corn (if using from a tin) and black beans and add. Chop tomatoes and avocado into bite-sized chunks and add.

Gently toss the dressing through the veges.

This goes well with a piece of pan-fried fish.

*(thanks to Earthbound Honey for the recipe for the dressing)*

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