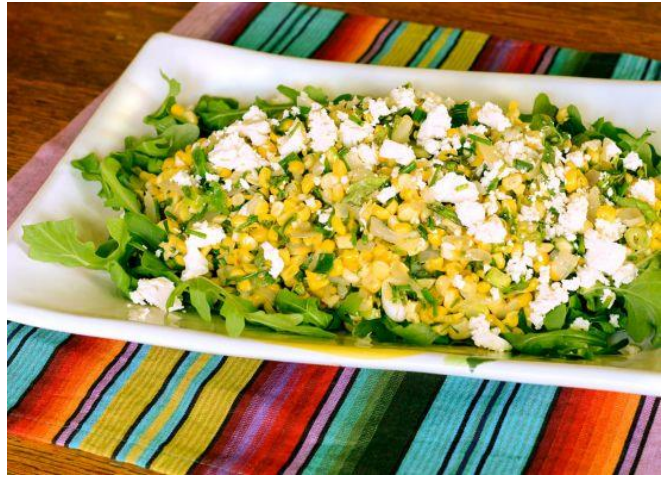


SWEETCORN SALAD

1 tablespoon coconut oil
1 tablespoon olive oil
1 red onion, diced
chilli flakes, one or two shakes
2 spring onions, sliced
4 fresh corn cobs, kernels removed
handful each of coriander, basil, and chives,
chopped finely
75g feta cheese
salt and pepper
handful of rocket to serve



Heat coconut oil in a saute pan. When hot add red onion and chilli flakes. When onion is soft add corn and cook for 5 minutes. Then add spring onions for another 2-3 minutes. Sprinkle salt and pepper over. Turn heat off and allow vegetables to cool slightly. When they're cooled a little, add the olive oil and herbs, and stir through.

To serve, spread a layer of rocket on the serving dish, and pile up the corn and herb mixture. Crumble feta cheese over the top. Serve immediately. Goes well with leftover Christmas ham!