




Product Spotlight: Corn Cob


Corn is also known as maize. It originated in Mexico more than 10,000 years ago!



2 Charred Corn Salad with Smoked Tomato Dressing

A salad of charred corn, avocado, lettuce and radishes. Topped with crispy chickpeas and a smokey sun-dried tomato dressing.

 30 minutes

 4 servings

 Plant-Based

15 October 2021

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	15g	17g	54g

FROM YOUR BOX

CORN COBS	2
GEM LETTUCE	3-pack
SPRING ONIONS	1/3 bunch *
RADISHES	1/2 bunch *
AVOCADOS	2
TINNED CHICKPEAS	2 x 400g
SMOKED GRAPE TOMATOES	1 tub
GARLIC CLOVE	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, cajun spice, vinegar of choice

KEY UTENSILS

large frypan, stick mixer or small blender

NOTES

If you don't have cajun spice you can replace it with smoked paprika, ground paprika, ground cumin or ground coriander.

Cajun spice can sometimes have medium-high heat levels. If you prefer a mild heat, use less.



1. CHAR THE CORN

Heat a frypan over medium-high heat with **oil**. Remove kernels from corn cob. Add to pan and cook, stirring, for 5-8 minutes until charred. Remove from pan and keep pan over heat (see step 3).



2. PREPARE INGREDIENTS

Slice lettuce. Thinly slice spring onions and radishes. Dice avocados.



3. CRISP THE CHICKPEAS

Drain and rinse chickpeas, pat dry. Add more **oil** to pan. Add chickpeas and **1 tbsp cajun spice**. Cook for 5 minutes until chickpeas are crispy. Remove to a plate, season with **salt and pepper**.



4. MAKE THE DRESSING

Using a stick mixer, blend together smoked grape tomatoes, garlic clove, 1/4 cup oil from tomato tub, **3 tbsp vinegar** and **2 tbsp water** to a smooth consistency. Season with **salt and pepper**.



5. TOSS THE SALAD

Add prepared vegetables and charred corn to a large bowl. Toss together to combine.



6. FINISH AND SERVE

Divide salad among bowls. Top with crispy chickpeas and drizzle over smoked tomato dressing.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

