



# 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.

