

Nutritional Information

Nutrient	Per Serve	Per 100g
Energy	616.00kj	182.00kj
Protein	5.20g	1.50g
Total Fat	1.40g	0.40g
Saturated Fat	0.10g	Negligible
Carbohydrate	24.80g	7.30g
Fibre	5.60g	1.60g
Sodium	361.80mg	107.00mg

Nutritional analyses are estimated calculations based 'Food Works™' computer software

Revised April 2015



Shop 5/580 Main North Road, Gepps Cross. S.A. 5094
Ph. 8262 7345 E:easyfeast@yahoo.com.au
www.communityfoods.org.au

easy
feast
healthy home-cooking made *easy!*

PLU477

Corn & Tomato Salad

This meal pack includes:

Dry Ingredients:

400g can corn kernels
2 Tablespoons dried parsley
1 Tablespoon sweet chilli sauce

Fresh Ingredients:

1 lemon
1 red capsicum
3 medium tomatoes
2 spring onions or ½ red onion
1 small cucumber

Vegetarian dish

Preparation time: 15 minutes

Serves 6



Developed by Community Foodies in conjunction with
Community Food SA

Corn and Tomato Salad

Time Required

Preparation time: 15 minutes

Ingredients

- 400g can corn kernels
- 1 red capsicum
- 3 medium tomatoes
- 2 spring onions or ½ red onion
- 1 small cucumber
- 1 lemon
- 1 Tablespoon sweet chilli sauce
- 2 Tablespoons dried parsley

Cooking Instructions

1. Drain the can of corn and rinse well.
2. De-seed and chop the capsicum into small pieces.
3. Chop the tomato and cucumber into small pieces.
4. Place tomato, cucumber and corn kernels into a large bowl.
5. Remove the end of the spring onions, and chop into small pieces including the green tops.
6. Add spring onions to the bowl
7. Mix all the cut up vegetables together in a salad bowl.
8. Slice the lemon in half and squeeze out the juice into a small bowl or glass.
9. Add the sweet chilli sauce to the lemon juice and mix together to make a dressing.
10. Pour the dressing over the salad; add the parsley and mix to combine.

Tips and Ideas

- Add extra vegetables if you like – any you have left over.