

Crunchy Tex-Mex Style Sweetcorn Salad



**Serves 4 as side
- 2 as main**

Prep 20 mins

Cooking 1 mins

Easy

Ingredients

2 - 3 cobs or 2x 165g tins, drained
1/2 red onion, finely chopped
2 limes, juiced
1 Romano red pepper, diced
1 small ridge cucumber, diced
1 tsp cumin seeds, toasted
5 tbsp soured cream
small bunch parsley or coriander,+ extra to serve
100g feta, crumbled

Optional:

1/2 clove garlic, crushed
pittas

1. If using fresh sweetcorn, stand the cobs on their end and run a sharp knife down to cut off the kernels. Blanch for 1 minute in boiling salted water and drain well, then rinse in cold water before draining again (tinned or frozen sweetcorn just need draining on kitchen paper)
2. Put the red onion in a large bowl with the garlic (if using), the lime juice and a big pinch of salt. Toss together and leave for 10 mins while you prep the rest of the vegetables. Add the remaining ingredients, apart from the feta, toss really well and season. Spread out on a platter and sprinkle over the feta, along with the extra parsley.
3. Serve as a BBQ side or on its own with warm pittas for scooping.