Corn Salsa

Season: Summer/Autumn
Type: Dips
Difficulty: Easy
Serves: 30 tastes in the classroom or 6 serves at home

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:**
1. Slice the 2 capsicums finely.
2. Carefully slice the corn kernels from the cob.
3. Slice the spring onions into long lengths.
4. Dry-fry the cumin and coriander seeds for 1 minute, then add the oil.
5. Add the onion and capsicum and fry for 5 minutes.
6. 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.
7. Taste for seasoning, adding salt and pepper if necessary.
8. Tear up the coriander and sprinkle over the dip before serving.