

# AVOCADO AND SWEET CORN SALAD

## INGREDIENTS

- 2 large avocados, peeled, seeded, diced
- 200g sweet corn
- 2 medium tomatoes, chopped

### *For the Dressing*

- 10tbsp lime juice
- 1 tbsp fresh cilantro, chopped
- 75ml olive oil

## METHOD

1. Combine avocado, corn, tomatoes, lime juice, cilantro, and chilli peppers. Cover and refrigerate until ready to be served.

Serves 8

	Per Serving (162g)	Per 100g
Energy	1013	625
Protein	2.5	1.6
Fat – Total	22.5	13.9
- Saturated	4	2.3
Carbohydrate - Total	6	3.7
- Sugars	2.2	1.4
Sodium	72	44



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