

Sweetcorn Salad

<p>Equipment: Measuring cups and spoons Wooden spoon Grill Medium bowl Knife Chopping bowl Tongs Jar with lid</p>	<p>Ingredients: 3 ears of corn, husks removed 1 red onion, sliced horizontally into rings 1 chilli pepper 2 red capsicums, halved Oil or lard for basting vegetables</p> <p><u>Dressing</u> 4 tbsp. lime juice (about 1 lime) 1 tsp. liquid honey 1 fat clove garlic, minced 1 tbsp. extra virgin olive oil ½ tsp. ground cumin ½ tsp. sea salt pinch ground pepper ¼ cup coriander, chopped</p>
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What to do:

1. Prepare the veggies and brush them lightly with melted ghee or high heat cooking oil.
2. Place everything on a preheated, medium-hot grill. Close lid and reduce heat to medium. After 5 minutes give vegetables a quick check – if they have grill marks, turn and/or flip them.
3. Continue to flip veggies until softened. This should take between 10 and 20 minutes (depending on the vegetable). The corn will take the longest to cook, but since you can eat corn raw, don't worry too much about it – as long as it tastes good!
4. While the grill is on, make dressing by combining everything (except the coriander) in a jar with a lid. Shake well to combine.
5. Remove all vegetables from grill and let sit until cool enough to touch. Begin by slicing the chilli pepper down the centre lengthwise, scrape out and discard the seeds, mince, and add to the dressing. Cut the corn off the cobs and add kernels to a large bowl. Dice the other vegetables and add it to the corn.
6. Pour dressing over vegetables, add coriander, and fold to combine. Season to taste.