

Mexican Sweetcorn Salad

Preparation time: 10 minutes

2 Adults 4 Children

Ingredients

2 x 200g can / 7oz Sweetcorn in water, drained

½ teaspoon paprika

400g can / 14oz black beans or red kidney beans, drained and rinsed

150g / 5oz red and yellow cherry tomatoes, halved

1 small red onion, halved and finely sliced

1 medium-hot chilli, deseeded and finely chopped

2 tablespoon lime juice

½ small pack fresh coriander

Method

- Put all the ingredients in a large bowl and add a little seasoning to taste.
- Toss well

You can also add canned tuna or skinless sliced chicken for a more substantial meal.

