



# MEXICAN STREET CORN SALAD (ESQUITES)

**Season:** summer  
**From the garden:** corn, capsicums, garlic, onions, spring onions, tomatoes, avocado, herbs  
**Type:** side/main  
**Difficulty:** easy  
**Serves:** 10-12 adults, 24-30 small tastes

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## Equipment

- Chefs Knives
- Chopping Boards
- Frying pan or electric frying pan
- Wooden spoon
- Measuring spoons
- Bowl
- Squeezer
- Wooden spoon

## Ingredients

- 5 ears of sweetcorn
- 3 or 4 cloves of garlic
- 1 brown onion finely chopped
- 1 tbsp olive oil
- 1 red capsicum (or other colour)
- 1/2 cup fresh coriander or other herbs (parsley or basil)
- 6 spring onions
- 1 chilli (optional)
- 2 avocados (optional)
- Optional - add tomatoes cucumber or other salad vegetables or black beans
  
- 4 tbsp lime or lemon juice (from about 2 limes)
- 1/2 tsp cumin ground
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper ground
- 1/4 tsp salt
- 2 tbsp sour cream (or yoghurt) - leave out for dairy free
- 2 tbsp mayonnaise - leave out for dairy free

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## How to make it:

1. Dehusk corn, cut each cob in half, then with cut side standing on board, remove kernels.
2. Finely chop onion and garlic.
3. Fry onion, garlic and corn in olive oil until fragrant and starting to caramelize (go brown).
4. Dice capsicum, avocados (cut in half and remove from skin with spoon) and finely slice spring onions and herbs.
5. Transfer corn and other chopped ingredients to a large bowl.
6. Add lime or lemon juice, cumin, paprika, sour cream/yoghurt and mayonnaise and toss very gently to combine (but not break up the vegetables).