Crunchy corn + and cucumber salad

Makes: 6 portions

ingredients

1 bunch spring onions

140g frozen sweetcorn, defrosted or tinned sweetcorn

1 cucumber

1 red pepper

1 bunch of coriander

For the sauce:

1 tbsp olive oil

1 tbsp honey

1 garlic clove, grated or ½ tsp garlic paste

1 tsp ground cumin

Juice of 1 lime

Pinch of salt

method

Stir all sauce ingredients together in a medium bowl with black pepper.

Finely cut spring onions using all the white and green parts and add to the bowl.

Finely chop the red pepper and cucumber and put this in the bowl

Add the coriander and sweetcorn, and mix with a spoon

equipment

1 bowl

Knives

Measuring jug or cup

Chopping boards

Wooden spoon

www.schoolfoodmatters.org • enquiries@schoolfoodmatters.org
For project news and updates, sign up for our regular newsletters.

School Food Matters | 9 Rushworth Street, London, SE1 0RB | 020 8878 8333 | Registered charity: 1134094

Widgit Symbols © Widgit Software Ltd 2002 - 2025