



**LOVES
FOOD**

ISRAELI CORN SALAD

INGREDIENTS:

- 3 large firm tomatoes diced (half per person)
- 2 large English cucumbers cut into cubes (caters to about 6 people)
- 1 small red onion diced
- 1 red pepper diced
- 3 cups of frozen sweet corn
- A large handful of fresh parsley

For the dressing:

- The juice of 3 lemons
- The zest of 3 lemons
- 1 teaspoon of salt
- 1 garlic clove crushed finely

METHOD:

1. Wash your frozen sweet corn over running water to remove all the ice. Use a colander for this and allow all the water to drain.
2. Zest your lemons before cutting and juicing them
3. Mix in all the ingredients well and serve chilled

SERVING SUGGESTION

This salad makes a wonderful side to any meal and can serve as the main side to a protein only dish if your counting calories. It's fresh, colourful and filling.

Enjoy!

With love,
From Famous Warrior's kitchen