

# Grilled Corn Salad

## Ingredients

Basket of lettuce  
2 corn cobs  
½ red onion  
2 garlic cloves  
Handful of parsley  
½ bunch silverbeet  
2 spring onion  
1-2 large pitta breads  
½ tsp ground cumin  
½ tsp ground coriander  
½ tsp paprika  
Oil  
Salt and Pepper



## What to do:

- 1) Preheat the oven to 200c
- 2) Brush the pitta bread with oil. Combine the ground cumin, coriander and paprika and sprinkle of the pitta chips. Chop into 2cm pieces. Place on a baking tray and back for 5 minutes until brown and crunchy. Set aside to cool
- 3) Wash the basket of lettuce. Spin dry. Roll the lettuce into a bundle and shred
- 4) Chop the corn off the cob
- 5) Peel the onion and finely dice
- 6) Peel the garlic. Roughly chop. Sprinkle with some salt and using a fork smash it into a paste
- 7) Wash the silverbeet. Shake off the excess water. Remove the leaves from the stems. Chop the stems. Roll up the leaves and finely shred
- 8) Wash the parsley. Spin dry. Pick off the leaves and finely chop
- 9) Add some oil to a fry pan. Add the onion and silverbeet stems and cook over medium heat for 5 minutes to soften
- 10) Add the corn and garlic to the pan. Season with salt and pepper. Cook the corn until golden and toasted. Turn off the heat and stir through the silverbeet leaves, spring onion and parsley. Place in a bowl to cool. Add the juice from half a lime. Taste. Add more lime and a little oil if needed
- 11) Arrange lettuce in serving bowls, top with the corn mixture and pitta chips
- 12) Serve and enjoy