



Hale and HEARTY

Enjoy the last of summer's bounty with these healthy dishes

MEXICAN SALAD

(Serves 4-6)

CHILLED

- 60ml French salad dressing
- sour cream (optional)

FRESH

- 400ml water or vegetable stock
- 2 corn on the cobs
- 1 red onion
- 1 red pepper
- 150g cherry tomatoes
- 1 Mediterranean cucumber

- 1 avocado
- 1 lime
- 45g coriander
- 1-2 fresh red or green chillies
- lime wedges

STORE CUPBOARD

- 150g quinoa
- 1 can black beans
- salt and milled black pepper