



Health | Performance | Recovery

#OwnYourElements



Fresh Avo Salsa

Calories = Carbs = Fat = Protein =

Serves: 1, Prep time: 00:05, Cook time: -

Instructions

1. Bring Pot to boil and cook the corn, once cooked remove and cool it in the freezer for 2 to 5mins
2. Dice the avocado into squares, Slice cherry tomatoes into halves and place into a bowl
3. Once corn is cooled, cut off the kernels and place into bowl
4. Dice chilli and coriander and place in to the bowl
5. Add salt, squeeze lemon and lime juice and mix together

Tips:

- Substitute canned sweet corn kernels instead of corn on the cob if needed
- Does not store well, eat within a few hours once made

Utensils:

- Chopping Board
- Knife
- Tablespoon
- Pot with Lid

Ingredients

- 1 Avocado
- 1 cups Sweet corn, cob
- 1 cups Cherry Tomatoes
- 1/4 Chilli, Fresh
- 1 Coriander, Fresh
- 1 tablespoon Juice, lemon
- 1 tablespoon Juice, Lime
- 1 teaspoon Salt, cracked