

Roasted Corn and Avocado Salsa

3 trimmed fresh corncobs
1 small red onion, finely sliced
1 avocado, chopped into chunks
250g cherry tomatoes, halved
2 Tbsp lemon or lime juice
¼ cup coarsely chopped coriander

Roast corn on heated, lightly oiled grill plate (or grill or BBQ), until browned all over. When corn is cool enough to handle, cut kernels off the cob with a small sharp knife. Combine kernels in a medium bowl with remaining ingredients. Serve with BBQ meat or fish.

Health Habits: