

MEXICAN SALAD

Ingredients	Equipment
<ul style="list-style-type: none">• Lettuce (1) iceberg• 5 tomatoes• 1 cucumber• 1 avocado• 1 can 440g corn kernels• 1 440g can 5 bean mix• 200 g grated cheese• 1 small carton sour light cream• 1 250g pack plain corn chips• 1 jar salsa	<ul style="list-style-type: none">• Grater• Chopping boards• Knives• Strainer• Large salad bowl, preferably clear glass or plastic

Recipe for Mexican Salad

Ingredients

Lettuce (1) iceberg
5 tomatoes
1 cucumber
1 avocado
1 can 440g corn kernels
1 440g can 5 bean mix
200g grated cheese
1 small carton sour light cream
1 250g pack plain corn chips
1 jar salsa

Method

1. Divide lettuce into hand sized pieces.
2. Slice tomatoes, cucumber and avocado.
3. Drain corn and beans.
4. Put 1/3 of lettuce, tomato, cucumber, avocado, corn and beans in layers in a bowl.
5. Add 1/3 of the sour cream and salsa to the bowl.
6. Repeat the process until all ingredients are used or the bowl is full.
7. Top with corn chips.

Wash, rinse and dry all cooking equipment and wipe benches