



Charred Corn & Cherry Tomato Salad

with Ranch Dressing

Grab your meal kit with this letter



Snacking Tomatoes



Spring Onion



Sweetcorn



Mixed Salad Leaves



Ranch Dressing



Coriander

Prep in: **5 mins**
Ready in: **10 mins**

Serve up a bowl brimming with colour and crunch; featuring sweetness from snacking tomatoes and sweetcorn, a peppery bite from spring onions and a creamy, tangy finish courtesy of a toss through ranch dressing.

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
snacking tomatoes	1 medium packet
spring onion	1 stem
sweetcorn	1 large tin
mixed salad leaves	1 small packet
ranch dressing	1 packet
coriander	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	693kJ (165Cal)	326kJ (77Cal)
Protein (g)	1.6g	0.8g
Fat, total (g)	10.2g	4.8g
- saturated (g)	1.1g	0.5g
Carbohydrate (g)	14.3g	6.7g
- sugars (g)	6.5g	3.1g
Sodium (mg)	238mg	112mg
Dietary Fibre (g)	5.3g	2.5g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Halve **snacking tomatoes**. Thinly slice **spring onion**. Drain **sweetcorn**.



Toss the salad

- To bowl with **charred corn**, add **mixed salad leaves**, **snacking tomatoes**, **ranch dressing** and a drizzle of **olive oil**.
- Toss to combine and season to taste.



Char the corn

- Heat a large frying pan over high heat.
- Cook **corn kernels** until lightly browned, **4-5 minutes**. Transfer to a large bowl, set aside and allow to cool slightly.

TIP: Cover the pan with a lid if the kernels are “popping” out.



Serve up

- Divide charred corn salad between bowls. Tear over **coriander**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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