



MEXICAN STREET CORN

with Avocado-Black Bean Salsa and DIY Tortilla Chips

VEGGIE



HELLO

MEXICAN STREET CORN

Also called *elote*, this popular street food is dressed with a creamy sauce

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 904



Black Beans



Roma Tomato



Avocado



Garlic



Cilantro



Lime



Mexican Chili Powder



Honey



Mayonnaise



Sour Cream



Feta



Corn on the cob



Tortilla

BUST OUT

- Baking Sheet
- Whisk
- Silicone Brush
- Small Bowl
- Zester
- Salt
- Strainer
- Pepper
- Large Bowl
- Olive or Canola oil
- Medium Bowl

INGREDIENTS

2-person

- Black Beans 1 can
- Roma Tomato 130 g
- Avocado 1
- Garlic 1 pkg (20 g)
- Cilantro 1 pkg (10 g)
- Lime 2
- Mexican Chili Powder 9 1 pkg (1 tsp)
- Honey 1 pkg (1 tbspc)
- Mayonnaise 3 1 pkg (2 tsp)
- Sour Cream 2 ½ pkg (1½ tbspc)
- Feta 2 1 pkg (28 g)
- Corn on the cob 400
- Tortilla 1 4

ALLERGENS ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Preheat the oven to **400°F** (to bake the tortillas). Start prepping when the oven comes up to temperature!



1 BAKE TORTILLAS Wash and dry all produce. Laver et sécher tous les aliments. Stack the tortillas and cut them into 8 wedges. On a baking sheet, arrange the wedges. Brush both sides with oil. Sprinkle with half the Mexican chili powder. Bake in the centre of the oven until golden and crisp, 5-6 min. (TIP: Keep your eye on them so they don't burn!)



4 MAKE SALSA Meanwhile, in a medium bowl, whisk the lime juice, lime zest and honey with a drizzle of oil. Season with salt and pepper. Stir in the avocado, tomatoes and black beans. Sprinkle with half the cilantro.



2 PREP Meanwhile, cut the tomato into ½-inch pieces. Mince or grate the garlic. Roughly chop the cilantro. Zest, then juice the limes. Drain and rinse the beans. Halve, pit and cut the avocado into ½-inch cubes. When the tortillas are done, transfer them to a plate. Turn on the oven broiler.



5 MAKE CORN TOPPING In a small bowl, combine the mayonnaise, sour cream, garlic, half the feta, remaining chili powder and remaining cilantro.



3 BROIL CORN Brush the corn with a drizzle of oil. Partially wrap each corn with foil, exposing the top. Arrange on the same baking sheet. Broil on the top-third rack of the oven, turning the corn over halfway through cooking, until golden-brown, 10-12 min. (TIP: Keep an eye on the corn so that it does not burn!) Transfer the corn to a large bowl and cover with foil.



6 FINISH AND SERVE Brush the sour cream mixture over the corn and sprinkle with remaining feta. Divide the avocado-black bean salsa between plates and serve with a side of tortilla chips and Mexican street corn.

SENSATIONAL!

Make these healthier tortilla chips for your next movie night.