KIKKOMAN

Mexican corn salad / Esquites

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
1,893 kJ / 452 kcal

Fat: **25.3 g** Protein: **16.1 g**
Carbohydrates: **36.3 g**

INGREDIENTS

2 portion(s)

2 tbsp	vegetable oil
2	fresh corn on the cob or 200 g frozen sweetcorn
2	spring onions
1	fresh chilli pepper
200 g	cooked or canned kidney beans
25 g	mayonnaise
1 tsp	smoked chilli powder (ie chipotle)
1	lime
2 tsp	Kikkoman Teriyaki Marinade
15 g	fresh coriander
25 g	grated hard cheese (ie parmigiano)

PREPARATION

Step 1

Heat up a frying pan and add the oil. Remove the corn from the cob with a sharp knife or thaw the frozen sweetcorn.

Step 2

Cook the corn in the pan until it gets small char marks – about 4-5 minutes. Transfer to a bowl.

Step 3

Add finely chopped spring onions and chilli as well as beans to the corn. Mix in mayonnaise, chilli powder, lime juice and teriyaki marinade. Just before serving add finely chopped coriander and grated cheese. Garnish the salad with additional coriander leaves.