

# Mexican corn salad / Esquites

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

Nutritional facts (per portion):  
**1893 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.