



## Sweet Corn Salad Wraps

### Ingredients (Serves 4 – 6 people)

4 to 6 ears of corn, kernels removed  
1 small red onion, chopped finely  
½ red bell pepper, chopped  
Handful of cherry tomatoes, sliced into thin rounds  
½ cup well chopped fresh cilantro  
1 teaspoon ancho chile powder  
2 small limes, juiced  
Sea salt and black pepper to taste  
1 teaspoon olive oil/coconut oil  
1 head of butter lettuce  
1 avocado  
Mix of tortilla strips to your preference

### Directions

- 1) In a medium bowl, combine corn kernels, onion, bell pepper, cherry tomatoes, cilantro, chili powder, and the juice of two limes.
- 2) Season with salt and pepper to taste and toss in a teaspoon of olive oil. Set aside for thirty minutes, if you can manage it.
- 3) Remove 4 to 6 big lettuce leaves from the head of lettuce. Place each leaf on its own small plate.
- 4) Halve and pit the avocado and slice into small strips, leaving the skin behind.
- 5) Spoon about ½ cup of the salsa mixture onto each leaf, then top with crispy tortilla strips and avocado. Serve immediately.