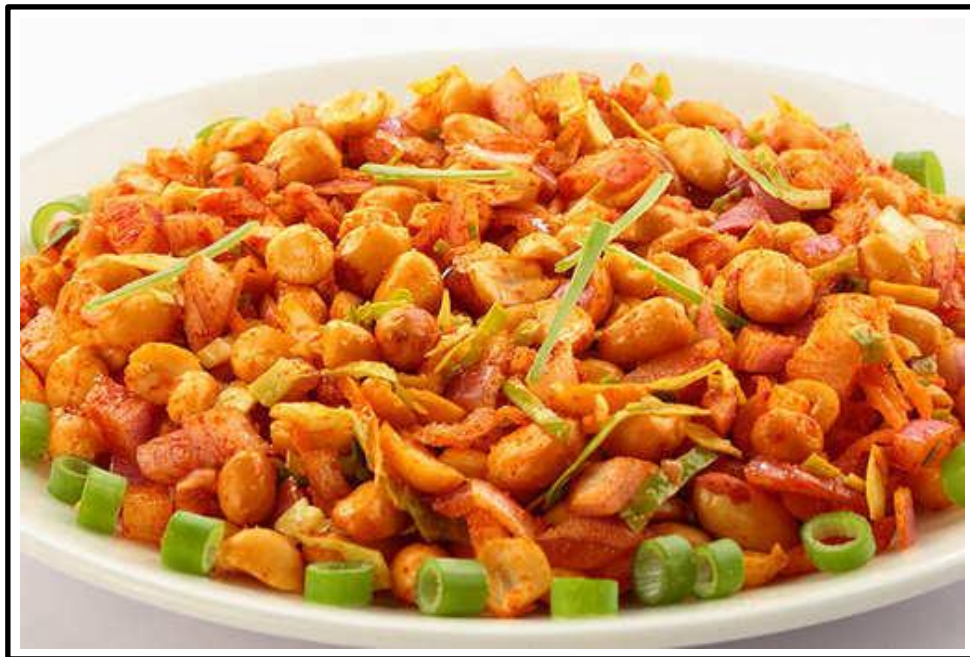


Peanut Corn Salad



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- Total Time 20m
 - Prep Time 10 m
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A nutritious dish, Peanut Corn Salad is a delicious mix of peanuts and corn! Apart from being delicious, it is a healthy breakfast recipe to eat if you are a health freak! If you're keeping a tab on your calorie intake and trying to avoid unhealthy food, then go for this healthy yet filling dish. This salad recipe will keep your calorie count in place and at the same time it will keep you satiated for long. This way you'll be able to avoid munching at odd hours. You can also carry this salad as your office lunch and it will surely keep you full for long hours. If you are planning to host a get-together at home then try making this salad recipe as it is a perfect appetizer and goes perfectly with any kind of drinks. Add more chillis, if you want an extra kick in your salad. The sweet taste of corns goes really well with raw peanuts. This is a basic salad recipe, however you can experiment with salad dressings of your choice. You can also pack this delicious salad in your kid's lunchbox for a healthier lunch. Try out this easy and quick appetizer recipe and relish its flavours.

Ingredients of Peanut Corn Salad

- ❖ 1 cup roasted peanuts
- ❖ 1/2 cup onion

- ❖ 4 cup water
- ❖ 4 cup boiled,drained american corn kernels
- ❖ 2 handful chopped coriander leaves

For Dressing

- ❖ 2 tablespoon lime juice
- ❖ 1 tablespoon refined oil
- ❖ 4 pinches salt
- 2 pinches chilli flakes
- 2 dashes powdered black pepper

How to make Peanut Corn Salad

❖ **Step 1**

To make this delicious salad recipe, take a pan and boil water in it over high flame. Make sure that you add a little salt in the water. Now, add the sweet corn kernels and bring them to a boil. After a few minutes, switch off the flame. Drain the excess water and transfer the boiled corns in a bowl. Allow them to cool.

❖ **Step 2**

Next, to prepare the dressing, take another bowl and combine refined oil, salt, lemon juice, red chilli flakes and black pepper powder in it. In a large bowl, add the chopped onions, roasted peanuts along with boiled corn and pour the salad dressing over the mixture.

❖ **Step 3**

Toss all the ingredients well and garnish the salad with fresh coriander leaves. This easy salad recipe is best enjoyed when chilled. You can also eat it as an appetizer. Try this delicious dish and enjoy!