

Spicy Corn Salad

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 16 oz frozen corn (3 – 3½ cups)
- 1 cup yellow and green bell peppers, diced
- ½ cup chopped tomatoes, deseeded
- 1 teaspoon ginger juice
- 1 teaspoon salt
- ½ teaspoon Himalayan black salt (see Chef Note)
- ½ teaspoon roasted cumin powder
- ¼ teaspoon black pepper
- ¼ teaspoon red chili powder (more to taste)
- ¼ - ½ teaspoon O&V [Smoked Paprika](#) *
- 1 teaspoon Thai green chili, finely chopped (adjust amount to desired level of heat)
- 1 tablespoon minced cilantro
- 1 tablespoon lime juice
- Zest of Lime for garnish
- 1 tablespoon O&V [Lime Oil](#) * (plus more for drizzling)
- ½ cup roasted and salted peanuts, slightly crushed (optional)

Preparation

Mix all dry spices together: Salt, black pepper, roasted cumin powder, black salt, chili powder, and paprika. Set aside

Thaw corn, and lightly squeeze out excess water.

Coat a non-stick skillet with the oil and heat over medium high. Put the corn kernels in and stir for 4-5 minutes stirring continuously. When some corn starts to pop and the kernels get some color, turn the heat off. Allow to cool to room temperature.

Add in the chopped bell peppers, tomato, ginger juice, cilantro, spice mix, and lemon juice. Add the Thai green chili to taste. Drizzle with additional lime oil and garnish with roasted, salted, and slightly crushed peanuts if using

Mix well, serve alongside grilled chicken, shrimp or burgers

Serves 6-8

Active time 20 minutes Total Time: 25 minutes

Chef Note:

Himalayan Black salt from India adds a pungency to the dish that is classically Indian, used often in street food. It is easily available in most Indian grocery stores, but feel free to simply substitute with another black salt, or regular table salt.

Notes

* The [Lime Grapeseed Oil](#) adds a nice additional layer of citrusy flavor and the [Smoked Paprika](#) adds depth and color to the dish. You can use an [Unflavored EVOO](#) and add more lime juice and another high-quality paprika

All highlighted products are available at [Oil & Vinegar stores](#)