

Roasted Corn Salad with Sundried Tomato, Basil and Grilled Zucchini and English Breakfast



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- Sub Category Name
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Immunity Inspired by Tea Recipes
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Immunity Inspired by Tea Recipes

Used Teas



Yata Watte

Ingredients

Roasted Corn Salad with Sundried Tomato, Basil and Grilled Zucchini and English Breakfast VEGGIES

- 5-6 ears corn, blanch
- 2-3 medium zucchini, sliced
- 15 ml grape seed, avocado or olive oil
- Sea salt and black pepper

DRESSING

- ½ punnet heirloom tomatoes
- 60g sun-dried tomatoes, with the oil
- 2 tsp. maple syrup
- 80ml olive oil
- 45ml lemon juice
- 60g tightly packed fresh basil, torn
- 2 teaspoons Dilmah Yata Watte Black Tea, dust
- 2g garlic cloves, smashed
- 1 pinch each sea salt + black pepper (plus more to taste)
- Fresh lime juice

GARNISH

- Roasted chickpeas

Methods and Directions

Roasted Corn Salad with Sundried Tomato, Basil and Grilled Zucchini and English Breakfast

- Start by heating up the grill and prepping the corn and zucchini.
- Slice zucchini thinly lengthwise, brush lightly with avocado or grapeseed oil (or another high-heat oil), and sprinkle with salt and pepper.
- Once the grill is hot, add corn. Cook for 5-8 minutes, rotating to cook all sides, until all sides are lightly browned.
- When the corn is almost ready, add zucchini to the grill, and grill on each side for about 2-4 minutes, depending on how hot the grill is. You want grill marks, but you don't want the zucchini to get too soft! Set aside.
- Cut corn off cob and halve zucchini. Then add to a serving bowl.
- Then add all ingredients (sun-dried tomatoes, tea, lemon juice, basil, garlic, olive oil, maple syrup, salt and pepper). Taste and adjust flavour as needed, adding more lemon for acidity, garlic for zing, maple syrup for sweetness, salt and pepper for flavour balance, or basil for freshness / earthiness. Set aside.
- At this time, add roasted chickpeas. Drizzle with fresh lime juice and desired amount of dressing,



and garnish with fresh basil and/or parsley.

- Best when fresh. Leftover dressing will keep covered in the refrigerator up to 4 days.

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