



Fiesta Fresh Salsa, Guacamole & Corn Confetti

Mexico | Cooking

Spotlight: California sweet corn **Drink pairing:** Sparkling Limeade

Our world tour begins with a Mexican fiesta — fresh chopped salsa studded with sweet corn confetti, creamy hand-mashed guacamole, and tortilla chips baked from scratch. Every bit of the chef work is done with knives and hands.



Ingredients (makes 8–14 portions)

- 10–14 corn tortillas
- 5–6 Roma tomatoes
- 1 1/2–2 cups fire-roasted corn kernels (frozen, thawed)
- 1 red onion
- 1 bunch cilantro
- 3–4 ripe avocados
- 6–8 limes
- 3–4 Tbsp honey
- 1–1.5 litres sparkling water
- 2–3 Tbsp cooking oil
- 1 tsp salt
- 1 tsp ground cumin

Steps

1. **CHIPS:** cut the tortillas into wedges with kid-safe pizza cutters or scissors, then toss with oil and salt. An adult bakes them at 400°F for 8–10 minutes until crisp.
2. **SALSA:** dice the tomatoes with kid-safe knives, then fold in the corn confetti, onion, cilantro, lime juice, salt and cumin.
3. **GUACAMOLE:** scoop the avocado halves (an adult removes the pits), then mash with lime and salt — chunky is perfect.
4. **LIMEADE:** squeeze lime halves into your cup, stir in honey, and top with sparkling water.
5. Scoop, dip, sip, and celebrate.

Substitutions: Naturally gluten-free, dairy-free and egg-free. Choose certified gluten-free corn tortillas if needed.

Cooking this at home: Quarter everything for a family of four — about 3 tortillas, 1–2 tomatoes, 1 avocado, and 2 limes. Let your Food Explorer do the dicing, mashing, and stirring; an adult handles the oven.