



PLANT-BASED RECIPES

MEXICAN SALAD

with

Parveggio



YOU WILL NEED

200 gr of sweetcorn

30 gr of red peppers, chopped

30 gr of red onions, chopped

Some fresh parsley, chopped

Oil, salt and black pepper to season

Top with:

Lime

Parveggio

Recipe & photo credits @topfoodfacts



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MEXICAN CUISINE!

Method

MEXICAN SALAD WITH PARVEGGIO

- Mix the corn with peppers and onions
- Season with oil, salt and black pepper
- Serve and top with parsley, lime and parveggio



SERVES



PREP TIME







**Did you
make
this ♥
recipe?**



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