**Mexican Chicken salad**

Serves 4

* 2 skinless ready-cooked chicken breasts
* 2 fresh corn on the cobs, or 225 g (8oz) corn kernels
* 125 g (4oz) mature Cheddar cheese, coarsely grated
* 25 g (1oz) jalapeño peppers, chopped
* 400 g tin kidney beans, drained and rinsed
* ½ red onion, very thinly sliced
* ¼-½ iceberg lettuce, thinly shredded, to taste
* 50 g (2oz) sour cream
* Juice of 1 lime
* 50 g (2oz) corn tortilla chips, crushed

1. Rip or cut chicken into bite-sized pieces and put into a large mixing bowl. To slice kernels off a corn cob, hold the cob upright (on its end) on a board and shave off kernels with a large knife. Add to the chicken bowl and repeat with other cob.
2. Stir the grated cheese, peppers, beans, onion, lettuce and some seasoning into the chicken bowl, adding as much lettuce as you like.
3. In a small bowl, stir together the sour cream and lime juice to make a dressing. Toss this through the salad and check the seasoning. Crunch the tortillas into the bowl, mix through and serve.