White Corn Arepa with Creamy Tuna and Avocado Salad



Ingredients:



4 pieces RICA White Corn Arepa



Two 5 oz cans RICA Chunk in water



1 whole ripe avocado, diced



1/3 cup sweet corn, drained



3 tbsp Mayonnaise



1 1/2 tbsp Fresh lime juice



2 tbsp fresh cilantro, chopped



Salt & black pepper to taste



1 small jalapeño, finely chopped

Step by Step

1. Preheat a skillet or grilled over high heat for 30 seconds. Reduce to medium and heat the RICA White Corn Arepas once on each side until golden and heated through.

   Alternatively, use a toaster oven or air oven at 392°F (200°C) for about 5 minutes.



2. Flake the drained RICA Chunk in water in a bowl with a fork.



3. Add corn, red onion, mayonnaise, lime juice, cilantro, salt, black pepper, and optional jalapeño. Mix well.



4. Gently fold in the avocado, leaving some visible pieces.



5. Place one hot arepa on each plate and spoon the Rica Tuna salad on top.



6. Serve immediately.
Refrigeratethe tuna mixture if it will not be served right away.



Traditional flavor in every bite!

Rica Rondo