

Corn on the Cob with Chilli and Lime

It doesn't need to be barbecue season to eat this dish. The fresh chilli and lime flavours really give this vegetable side dish a zing!



Milk*

Nutritional information per portion (70g):

Energy 315kJ 75kcal 4%	Fat 4.8g 7%	Saturates 1.1g 6%	Sugars 0.9g 1%	Salt 0.11g 2%
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of an adult's reference intake.
Typical values per 100g: energy 450kJ/107kcal.

Equipment

Large saucepan and lid
Chopping board
Large sharp knife
Slotted spoon
Grater
Small mixing bowl
Measuring spoons
Table knife
Colander
Pan stand
Wooden spoon

Ingredients

Serves 4 as a side dish

2 corn on the cob
(husks removed)
1 lime
25g unsaturated fat spread
1 x 5ml spoon chilli powder

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Buy small corn cobs as the large cobs are quite difficult to cut in half.
- Serve with Barbecue Pork Ribs. The recipe for these is available on our website.

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Method

1. Half-fill the saucepan with water and bring to the boil.
2. Cut the corn cobs in half widthways to make 4 pieces.
3. Put the corn into the boiling water using the slotted spoon and cook, with the lid on, for 8–10 minutes until tender.
4. Grate the zest from the lime and place it in the bowl.
5. Add the spread and chilli powder. Mix until well combined.
6. Drain the corn when cooked.
7. Place the spread mix into the warm pan and add the corn. Mix well to coat the corn.

Something to try next time

- Replace the chilli powder with 1 small finely chopped fresh red chilli.
- Try different flavourings for the spread, such as mint and lemon.

Prepare now, eat later

- Prepare the spread mix, cover the bowl with cling film and keep in the fridge for up to 2 days.
- The corn is delicious cooked on the barbeque. Cool at step 6 and place each cob onto a square of foil. Top with a $\frac{1}{4}$ of the spread mix and wrap tightly. Store in the fridge for up to 24 hours. To cook, place on a hot barbeque for about 5-7 minutes or until hot. Alternatively bake in a preheated oven at 200°C, 180°C or gas mark 6 for 10 minutes.

Skills used include:

Measuring, chopping, grating, mixing/combining and boiling/simmering.