

Mexican-style sweetcorn



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Preparation 20 mins | Cooking 12-15 mins | Makes 6 cobs

- 6 fresh sweetcorn cobs (husks on)
- ⅓ cup extra virgin olive oil
- 2 tsp smoky paprika
- ½ cup finely grated Manchego cheese
- ½ cup coriander leaves, finely chopped
- 1 small Jalapeno chilli, deseeded and finely chopped
- Kewpie mayonnaise and lime wedges, to serve

STEP 1 Place unhusked corn in a large roasting pan and pour over boiling water to cover. Stand for 2 minutes. Drain. Pull back husks, remove the fine silks and tie back husks with kitchen string.

STEP 2 Combine oil, paprika and salt and pepper in a bowl. Mix to combine. Brush corn with the oil mixture. Combine coriander and chilli in a small dish and set aside.

STEP 3 Preheat a greased hooded barbecue or char-grill pan over medium-high heat. Place each cob onto the barbecue or char-grill so the husks protrude out to avoid burning them (see note). If using a barbecue, close the hood. Cook corn, turning every 4-5 minutes, for 12-15 minutes until corn is lightly charred and just tender.

STEP 4 To serve, spread hot corn with mayonnaise. Sprinkle with cheese, coriander and chilli. Serve with lime wedges.

Note; alternatively wrap the corn husks in a sheet of aluminium foil to prevent them from burning.

Good for you... SWEETCORN

A good source of dietary fibre which contributes to normal laxation. Provides niacin (vitamin B3) which is needed for the release of energy from food and also the B vitamins biotin and folate. Biotin contributes to the maintenance of healthy skin, mucous membranes and hair.

