

## 3 of the best sweetcorn toppers



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Preparation 10 mins | Cooking 15 mins

Each topper mixture is sufficient for 4 corn cobs.

### **Parmesan, lemon & parsley**

½ cup grated parmesan

1 tbs lemon juice

2 tbs parsley leaves, finely chopped

Combine all ingredients and spread onto corn cobs.

### **Mexican avocado & lime**

½ ripe avocado, flesh chopped

1 tbs lime juice

1 tbs sour cream

2 tbs coriander leaves, finely chopped

Combine all ingredients and spread onto corn cobs.

### **Garlic butter**

75g butter

2 garlic cloves, crushed

Combine butter and garlic in a bowl, whip until smooth.

### **To prepare & cook**

Simply retract the husks on the cobs, remove and discard silk. Spread sweetcorn with the topper of your choice. Pull husks back to enclose the cob then secure with kitchen string. Spray or brush husks with olive oil. Cook on a greased barbecue or char-grill, turning often, for about 10 minutes or until the kernels are tender.

## 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 while folate is needed for the formation of blood cells.*

