

Fresh for Kids®

Microwave sweetcorn with garlic butter



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Preparation: about 10 minutes
Cooking: about 10 minutes
Serves: 4

4 sweetcorn cobs, husks and silks removed
75g butter, at room temperature
2 garlic cloves, crushed

1. Rinse corn in cold water. Individually wrap (undried) cobs in plastic wrap. Place corn in a single layer directly onto the microwave turntable. Microwave on high power for 8–10 minutes or until kernels are just tender. Stand for 1 minute.
2. Meanwhile, make garlic butter by combining garlic and butter in a small bowl. Beat until smooth.
3. Carefully unwrap corn and cut cobs in half. Serve with garlic butter.

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Sweetcorn

- A good source of dietary fibre which keeps the intestine functioning well.
- Provides niacin (vitamin B3), essential for the release of energy from proteins, fats and carbohydrates
- A source of the B vitamin, folate. This vitamin is important for heart health.
- Low GI, which means its carbohydrate is digested slowly.

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