

Sweetcorn

RECIPES

CORN KERNELS

Sweetcorn and coriander dip



Total preparation and cooking time:
10 minutes + chilling time



Makes 2 tubs



Dip can be frozen in portions

FUN FACT:

On average an ear
of corn has 800
kernels in
16 rows.

WHAT YOU NEED

1 x 420g tinned sweetcorn, drained
and rinsed

1 x 425g tinned cannellini beans,
drained and rinsed

¼ cup natural or Greek yoghurt

2 garlic cloves, finely chopped

½ tsp. turmeric

¼ tsp. cayenne chilli pepper

Handful of fresh coriander leaves,
chopped

½ red capsicum, finely chopped

HOW TO MAKE IT:



1 Place the sweetcorn, cannellini beans
and yoghurt into a large bowl and
using a blender whizz until smooth
and combined.



2 Add the garlic, turmeric, cayenne and
coriander and blend well until smooth.



3 Stir through the capsicum and serve
with veggie sticks and crackers or
warm pita bread.

I'M AN EAR OR
COB OF CORN!



Spiced sweetcorn soup

WHAT YOU NEED:

- 1 tbsp. olive oil
- 1 brown onion, finely chopped
- 2 stalks of celery, finely chopped
- 2 garlic cloves, finely chopped
- ½ tsp. mustard powder
- 5 cups salt-reduced vegetable stock
- 2 medium potatoes, peeled and chopped into chunks
- 1 x 420g can of sweetcorn kernels (drained and rinsed)
- 1 tbsp. lemon juice
- 1 tbsp. Worcestershire sauce
- 1 cup natural or Greek yoghurt

HOW TO MAKE IT:



- 1 On a stove top, heat the oil in a large saucepan over a medium heat. Add the onion, celery and garlic. Cook until soft.



- 2 Stir in the mustard powder then add the stock and potato and bring to the boil. Then simmer for 10 mins.



- 3 Add the sweetcorn, lemon juice and Worcestershire sauce, bring to the boil again then simmer for 2–3 mins.

- 4 Remove from heat and cool before blending.

- 5 Stir in the yoghurt, warm through and then serve.



Total preparation and cooking time: 20 minutes



Serves: 4–6



Soup can be frozen

Sweetcorn and zucchini fritters



Total preparation and cooking time: 25 minutes



Makes 9–12 fritters



Fritters can be frozen

WHAT YOU NEED:

- 1 ½ cups wholemeal self-raising flour
- 1 cup milk
- 2 eggs, lightly whisked
- 1 x 420g can of sweetcorn kernels (drained and rinsed)
- 1 cup grated cheese
- 1 large zucchini, trimmed and grated
- 2 tbsp. olive oil

HOW TO MAKE IT:



- 1 Sift flour into a large bowl. Using a fork, whisk milk and eggs together in a jug until combined. Pour over flour and stir until smooth.



- 2 Add sweetcorn, cheese and zucchini. Stir until well combined.



- 3 Add enough oil to a large, non-stick frying pan to cover base. Heat over medium heat until hot. Using ¼ cup of mixture per fritter, spoon mixture into pan. Cook for 3–4 mins each side or until golden and firm to touch in the centre.



- 4 Transfer to a wire rack to cool.



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SERVE AS A
SNACK OR AS A
SIDE-DISH.