

GRILLED CORN WITH LIME BUTTER

INGREDIENTS

- 6 corn cobs, silks removed but husks left on.

Lime Butter

- 75-100g vegetable oil spread (canola or olive based), softened
- 1 clove garlic, crushed
- Zest of two limes, very finely grated
- 1 teaspoon freshly ground black pepper
- 2 teaspoons lime juice
- 2 teaspoons very finely chopped chives

METHOD

1. Mix all the lime butter ingredients together in a bowl. Carefully open the corn husks and spread the butter over the cobs with a knife, then reseal them as best you can and twist the ends to secure.
2. Place the cobs on a preheated chargrill for about 20 minutes, turning every few minutes, until the kernels are tender. Serve hot.

Serves 6

	Per Serving	Per 100g
Energy	680kJ	428kJ
Protein	7g	4g
Fat – Total	2g	1g
- Saturated	<1g	<1g
Carbohydrate - Total	26g	16g
- Sugars	2g	1g
Sodium	5mg	3mg

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