

Blackened corn

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Blackened corn

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Love Mexican food? Mel B from thekindcook.com shares her favourite recipes.

Ingredients (serves 4)

- 4 cobs of organic corn
- 1 tbsp of coconut or olive oil
- ¼ cup of finely sliced spring onion
- 2 pinches of cayenne
- 1 tsp of smoked paprika
- Salt and pepper to taste
- Handful of fresh coriander, washed
- Optional: ¼ cup of vegan cheese

Method

Remove the husks from the corn. Discard the husks and place the corn on the BBQ or an open flame on your stovetop. Using tongs, carefully turn the cobs as the kernels blacken. Continue cooking until the corn is mostly blackened.

Place the corn, oil, cayenne and paprika together in a large pan.

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Move the cobs around in the pan so that they are well covered in the seasoned mixture and season with salt and pepper to taste.

Once the corn is cooked and well covered, turn off the heat. Garnish the corn with the coriander and the vegan cheese (if you are using it) and serve immediately.

Notes: If you do not have a BBQ and are not comfortable blackening the corn on an open flame, or if you have an electric stove top, you can blacken them in a dry pan on a high heat instead. This will just take a little longer.

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