


Fruit & Vege Co-op



Sweet corn

STORAGE	PREPARATION
In the refrigerator with the husk on for up to one week.	Remove outer green husk by stripping from the top down.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Thinly spread margarine over the cooked corn cob and a sprinkle of black pepper.- Add to a salsa or side salad with tomato, avocado, fresh herbs and lemon juice.	<ul style="list-style-type: none">- Cook corn cobs and scrape kernels off with a knife to add to stir-fries, soups, casseroles or pasta bakes.- Add to fritter batter, frittatas or quiches.- TIP: Blanch corn, scrape kernels from cob and freeze in plastic bags if you have an oversupply.
COOKING	
<ul style="list-style-type: none">- Microwave whole corn (leave husk layers on) on high for 4 minutes per cob. Let corn stand for 2 minutes before removing the husk.- Remove husk, rinse corn cobs and add to a pot of boiling water. Cover pot and boil for 5 minutes.- Remove husk, rinse and steam over a pot of boiling water for 10 minutes.	
RECIPE: Corn, Tomato and Avocado Salad (Serves 4) <i>Adapted from www.annabel-langbein.com</i>	
<p>1 ½ cups cooked corn removed from cob (frozen corn works well too) 4 tomatoes, cut into wedges with cores removed 1 large avocado cut into chunks ½ red onion, finely chopped 2 spring onions, finely sliced (optional) ¼ cup vegetable oil Salt and pepper</p> <ol style="list-style-type: none">1. Toss all ingredients together and season to taste.2. Top with chopped parsley, basil or any other fresh herbs you may have.	
Serving Suggestion <ul style="list-style-type: none">- Serve with BBQ meat, roast chicken or pan fried fish.	<div style="border: 1px solid red; padding: 5px;"><p>TIP: Prepared salad can be stored in the fridge for up to 2 hours. For longer storage add the avocado at serving time. Return to room temperature before serving.</p></div> 

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op