

From our kitchen to yours



Spicy Corn Salad

Courtesy of Christina Cherrier and Eatwell101.com

PREP TIME: 20 min COOK TIME: 25 min TOTAL TIME: 50 min YIELDS: 4 servings

Ingredients:

Spicy Corn Salad

450 g fresh or frozen corn
2 tbsp ghee or vegetable oil
2 jalapeño, diced
1 red bell pepper, diced
1/2 cup crushed roasted peanuts
1 cup chopped cilantro
1 or 2 lemons, cut into wedges
2 tbsp toasted sesame seeds

Chili Paste

2 tsp red chili pepper flakes
2 medium cloves garlic
1 1-inch piece of fresh ginger
1/4 tsp turmeric
1/4 tsp fine-grain sea salt

Directions:

Use a mortar and pestle or a food processor to puree the chili pepper, garlic, turmeric, and salt into a paste. Heat butter in a skillet over medium-high. Stir in corn kernels and cook, stirring gently for about one minute. Make sure to coat well the corn with butter.

Add peanuts, bell pepper, jalapeño, half the cilantro, and half the chili paste. Cook for another minute or so; taste, and add the rest of the chili paste to suit your taste. Give a squeeze or two of fresh lemon juice and adjust the seasoning if necessary.

Serve immediately or chilled, garnished with remaining cilantro, sesame seeds, extra peanuts, and remaining lemon wedges. Enjoy!

Note: Feel free to enhance with chopped asparagus, broccoli, or another additional vegetable.

