



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### CHILI CORN

**Time: 25 minutes**

**Serves: 4**

#### **Ingredients:**

2 tablespoons butter  
1 tablespoon fresh lime juice  
½ teaspoon ground cumin  
½ teaspoon chili powder  
½ teaspoon ground coriander  
¼ teaspoon kosher salt  
4 cobs corn – husked and cut in two

#### **Preparation:**

Preheat your barbecue on medium.

Place a small pot on low heat to melt the butter.

Remove the pot from heat and stir in all remaining ingredients except the corn.

Lightly baste the corn with the butter mixture and grill, turning and basting occasionally for ten minutes.

Serve immediately.

#### **Nutritional Information Per Serving:**

Calories: 162  
Fat: 7g  
Carbs: 26g  
Fibre: 3g  
Protein: 4g