

OVERALL time: 35 mins

SPICY SWEETCORN RIBS WITH CREAMY HERB DIP

Indulge in the abundance of produce that high summer offers and focus your New Year meals around veggies. Whether you go full-on Veganuary or just want to eat lighter following festive season indulgence, we had loads of fun developing recipes to inspire - recipes like these spicy sweetcorn ribs with a creamy herbed dip.

Metric

Number of servings : 4

ingredients

For the sweetcorn

- 4 cobs sweetcorn
- 3 Tbs extra virgin olive oil
- 3 Tbs melted butter (or more olive oil)
- 1.5 tsp **Cape Herb and Spice Veggie Roast Shaker**

For the creamy dip

- 0.75 cups low fat plain yoghurt (use vegan yoghurt if preferred)
- 0.25 cups reduced oil tangy mayonnaise (use vegan mayo if preferred)
- zest of 1 lemon, finely grated
- 1 clove garlic, finely grated
- 1 tsp **Cape Herb and Spice Mediterranean Style Roasts Rub**

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 15 mins | COOKING TIME: 20 mins

The corn can be quite difficult to cut, so to make things slightly easier, boil the corn cobs for 7 minutes and allow them to cool until they are comfortable to handle. Cut the cobs lengthwise in quarters. Mix together the olive oil, melted butter and spice seasonings. Paint the corn ribs with this seasoning mix.

To make these corn ribs in the oven:

Pop the corn cobs in a baking sheet and place in a 200 degree Celsius oven for 20-30 minutes.

To air fry these corn ribs:

Pop them in your air fryer at 200 degrees Celsius for 10-15 minutes until they start curling and browning ever so slightly at the edges.

If preferred, you can also simply braai these corn ribs.

Serve them warm with the creamy herb dip. To make the dip, simply combine all the dip ingredients and stir.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she - rather predictably - cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>

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