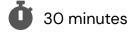




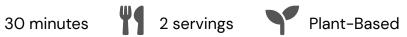
Corn Ribs

with Tempeh Nacho Plate

Crispy, smoky corn ribs, baked in the oven until golden, served alongside a Nacho style share plate with crumbled tempeh, and fresh avocado and tomato topping.







Mix it up!

Remove the corn kernels from cobs and add to the tempeh mix along with the diced capsicum. Make a quick guacamole with the avocado and tomato.

PROTEIN TOTAL FAT CARBOHYDRATES

37g 55g

103g

FROM YOUR BOX

CORN COB	1
SPRING ONIONS	2
NATURAL TEMPEH	1 packet
TOMATO PASTE	1 sachet
ТОМАТО	1
GREEN CAPSICUM	1
AVACADO	1
TORTILLA STRIPS	1 bag

FROM YOUR PANTRY

oil for cooking, salt, smoked paprika, ground cumin, maple syrup

KEY UTENSILS

frypan, oven tray

NOTES

Corn ribs can be tricky to make, you can cut into rounds instead, or halve lengthways to make large ribs.



1. MAKE THE CORN RIBS

Set oven to 200°C.

In a bowl mix together 1 tbsp oil, 1/2 tsp smoked paprika, 1/2 tsp cumin, 1 tsp maple syrup and salt. Cut corn cob in half through the middle, then in half lengthways and then into wedges (see notes). Toss in the seasoning.



4. PREPARE THE TOPPINGS

Dice tomato, capsicum and avocado.



2. COOK THE CORN RIBS

Place ribs on a lined oven tray and bake for 20-25 minutes until golden and curling up.



3. MAKE THE TEMPEH

Heat a frypan over medium-high heat with oil. Slice and add spring onions, (keep some green tops for garnish). Crumble in tempeh along with tomato paste, 1 tsp smoked paprika, 1 tsp cumin and 1 cup water. Simmer for 5-8 minutes.



5. FINISH AND PLATE

Spread tortilla strips over a platter and top with tempeh mix. Sprinkle over fresh toppings and reserved spring onion tops. Add corn ribs on the side and take to the table.



