




Product Spotlight: Spring Onions


Spring onions have both antibacterial and antiviral properties, which can help in fighting viral infections like the common cold.



J4 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.

 30 minutes

 4 servings

 Plant-Based

22 April 2022

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.

Per serve: **PROTEIN** 32g **TOTAL FAT** 36g **CARBOHYDRATES** 70g

FROM YOUR BOX

CORN COBS	2
SPRING ONIONS	4
NATURAL TEMPEH	2 packets
TOMATO PASTE	1 sachet
TOMATOES	2
GREEN CAPSICUM	1
AVACADO	1
TOTOPOS	1 bag

FROM YOUR PANTRY

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

KEY UTENSILS

large 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 **2 tbsp oil, 1 tsp smoked paprika, 1 tsp cumin, 2 tsp maple syrup** and **salt**. Cut corn cobs in half through the middle, in half lengthways and then into wedges (see notes). Toss in the seasoning.



4. PREPARE THE TOPPINGS

Dice tomatoes, 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.



5. FINISH AND SERVE

Spread totopos 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.



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, **3 tsp smoked paprika, 2 tsp cumin** and **1 cup water**. Simmer for 5–8 minutes.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

