

# CRUNCH TIME: DELICIOUS LOVE CORN RECIPES



## GRILLED VEGE & STEAK SALAD

### Ingredients:

Lettuce

Vegetables of your choosing (butternut squash, peppers, sweet potato, zucchini, etc)

Pre-cooked sweet corn

Olive oil, salt and pepper

Habanero Chili LOVE CORN

### Avocado & Coriander Dressing -

1 avocado

½ cup plain yogurt (DF works too)

Handful of coriander

½ jalapeno

Salt and pepper to taste

### Directions:

Preheat oven to 180C and prep veggies

Drizzle vegetables with olive oil, salt and pepper; bake for ~30 min

When 20 minutes pass, add in pre-cooked sweet corn to oven sheet (coated with olive oil, salt and pepper)

Make dressing in a blender with all ingredients

Let veggies cool once cooked

Cook Steak or meat of choice, to your preference

Assemble salad with lettuce, veggies, steak, dressing, and top with LOVE CORN

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## SMOKEY TOFU FINGERS

### Ingredients:

1 45g bag of smoked bbq LOVE CORN  
1/8 cup almond milk/milk of choice  
1 block firm tofu (approx 300g)

### Directions:

Preheat the oven to 200C.

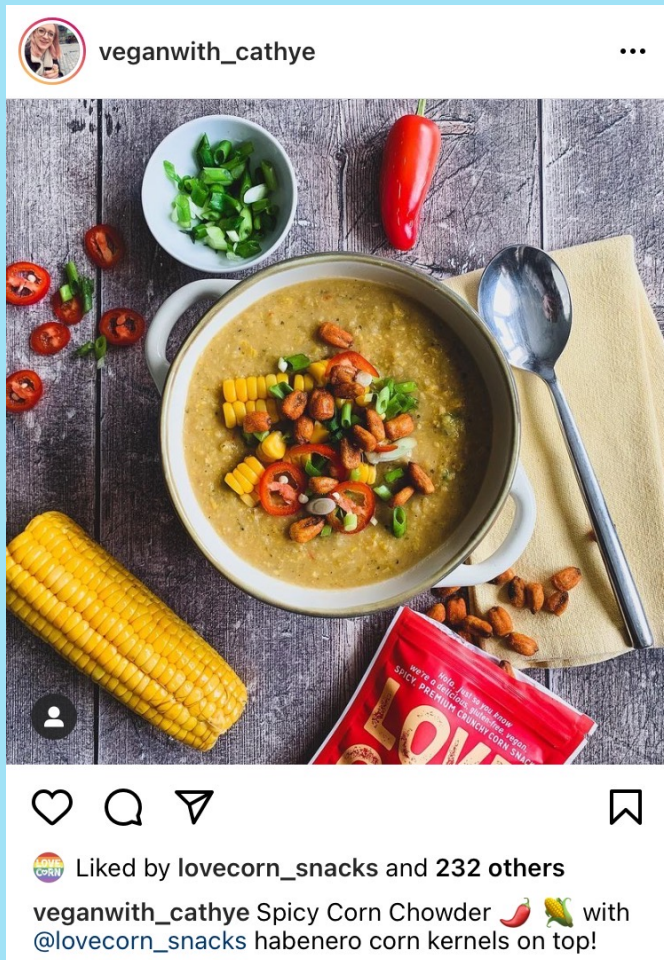
Blitz the corn in a food processor until it forms a fine crumb.

Slice the tofu into skinny fingers. Dip the tofu in the milk, then the corn crumb and place on a lined baking sheet. Bake for 20 minutes.

Serve with a garlic mayo for dipping!



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## SPICY CORN CHOWDER

### Ingredients:

2 large cans of sweetcorn (or 4 cobs)  
300g of potato, peeled and cubed  
1 large red onion, diced  
2 sticks of celery, finely chopped  
3 cloves garlic, minced  
1 chilli, finely chopped  
Handful fresh chopped coriander  
1 tsp ground cumin  
1/2 tsp smoked paprika  
1 veg stock cube  
2 tbsp Apple cider vinegar  
500ml water  
250ml plant milk of choice  
Salt and pepper to taste  
Habanero LOVE CORN

### Directions:

Heat oil on a fry pan; add onion and celery for 5 mins on a medium heat. Add corn, chilli, garlic, spices and potato, fry for 3 more minutes. Add stock cube, coriander, water, milk and ACV. Bring to a boil and allow to simmer for approx 25 mins, until the potato is tender and begins to break down. Using a blender, blend 3/4 of the chowder until smooth. (leave the 1/4 of the mixture so the chowder has some texture) - add more liquid if the soup is too thick.  
Top with spring onions, fresh chilli, corn and Habanero LOVE CORN

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## CRUNCHY CHOCOLATE CUPS

### Ingredients:

1 x 45g bag Sea Salt LOVE CORN  
4 tbsp unsalted cashew butter  
2 tbsp honey/maple syrup  
1 block dark chocolate

### Directions:

Melt the chocolate and set aside.

Pulse the corn in a food processor or roughly chop by hand until you get small but not completely ground pieces.

Combine the corn pieces with 2 tbsp cashew butter and all the honey.

Divide the corn mix between 4 muffin cases and press down firmly to form a smooth base.

Mix the remaining 2 tbsp of cashew butter into the melted chocolate. Divide the chocolate mix between the cases and pour over the corn base. Allow to set in the fridge for at least ~1 hour

