Less than 45 minutes Serves 4

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Ingredients:

- Generous knob butter
- 1 onion, chopped
- 4 cloves garlic, chopped
- 1 red chilli, deseeded and chopped
- 2 cans (410ml each) coconut cream or milk
- Handful chopped fresh coriander
- 4 mielies
- 1 Tbsp (15ml) Dijon mustard
- Juice (30ml) and grated peel of 1 lime
- Salt and milled pepper
- Grated parmesan (optional)

## Method

- 1. Heat butter in a large pot and fry onion, garlic and chilli until lightly browned.
- 2. Add coconut cream and coriander, and simmer gently for 5 minutes.
- 3. Poach mielies in the liquid for 10-12 minutes or until cooked through.
- 4. Remove mielies from the pot and set aside.
- 5. Add mustard and lime juice to the liquid, and season well.
- 6. Increase heat and reduce the sauce for about 10 minutes.
- 7. Spoon sauce over mielies and sprinkle with parmesan and grated lime peel just before serving.