

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.