Air Fryer Corn Ribs

Ingredients

- 4 Corn cobs
- 50 g Butter
- 1 tablespoon Olive Oil
- 1 Lime Juice
- 0.25 bunch Fresh Coriander
- 1 packet Maggi Air Fryer Mexican Fajita
- 100 g sour cream dip

Instructions

1. Put the corn cobs into a pan of boiling water and cook for 3-5 minutes until tender.
2. Drain the corn and transfer to a chopping board using tongs.
3. Stand the corn upright on the board and cut in half very carefully with a super sharp knife. Then lay the cut side down on the board and carefully cut lengthways again to make quarters (these are now ribs!). Repeat with the other cobs.
4. Put the butter into a large bowl and gently melt in the microwave. Add the olive oil and seasoning and mix well.
5. Tip the corn ribs into the seasoned butter and coat well in the mixture.
6. Preheat the air fryer to 190˚C and then cook the ribs in batches for about 15-18 minutes until browned, turning a few times during cooking.
7. Serve topped with coriander and dips if you like!

46 Minutes

4

Nutrition

Carbohydrate	23.65 g
Energy	231 kcal
Fat	15.25 g
Fibre	2.81 g
Protein	3.98 g
of which: saturates	7.19 g
Sodium	18.25 mg
of which: sugars	7.93 g