



CHEESY CORN POPPERS

ON SALAD WITH SWEET CHILLI DRESSING

DIFFICULTY: Easy | SERVES: 4 | READY IN: 35 minutes

These cheesy corn poppers are epic! Mini crumbed patties of corn, cheese and spring onion are pan fried until golden and crisp. Serve on a simple green salad with a tangy sweet chilli vinaigrette.



DRESSING

- 2 Tbsp olive oil
- 1 1/2 Tbsp lemon juice
- 1 Tbsp soy sauce
- 1 Tbsp sweet chilli sauce
- 1 tsp brown sugar
- 1 tsp wholegrain mustard

- 1/4 cup brown or white rice flour (30g)
- 1 tsp salt
- 1/4 tsp black pepper
- Pinch cayenne pepper *optional*
- 1 cup panko breadcrumbs (100g)
- 3-4 Tbsp rice bran oil

CORN POPPERS

- 125g cream cheese (4.4oz)
- 1 egg
- 2 spring onions
- 2 x 400g cans whole corn kernels, divided (1lb 12oz)
- 1 cup grated cheddar or Colby cheese (100g)
- 1/2 cup cornmeal flour (60g)

SALAD & SAUCE

- 80g salad greens (2.8oz)
- 2 spring onions
- 1 Lebanese cucumber *optional*
- 1 avocado
- Lemon wedges *optional*
- 1/3 cup unsweetened Greek yoghurt (80ml)
- 2 Tbsp aioli

1. MAKE DRESSING

Add all dressing ingredients to a small jar and shake until well combined.

2. MAKE CORN POPPERS

Place cream cheese and egg in a large bowl and whisk together until almost smooth. Thinly slice spring onions. Drain corn well, then add three quarters of the corn to the cream cheese mixture together with the spring onions and cheese. Mix well.

3. Add cornmeal, rice flour, salt and peppers. Stir until just combined. Place breadcrumbs in a separate bowl. Shape 2 tablespoons of mixture into a small patty then dip in the breadcrumbs to coat all over. Repeat to use up remaining mixture (it should make about 20 patties).

4. Preheat oven to 100°C (210°F) fan bake. Heat 2 tablespoons oil in a large frying pan on medium to medium-high. Pan fry the poppers in batches for about 2 minutes each side, until golden brown and cooked through. Place on a rack set over an oven tray and keep warm in oven while you cook the rest (adding more oil to pan as needed).

5. MAKE SALAD

While poppers are cooking, divide salad greens between individual serving plates. Thinly slice spring onions, cucumber (if using) and avocado. Place on top of the salad greens together with remaining corn. Drizzle with dressing. Add a wedge of lemon on the side, if desired. Stir yoghurt and aioli together in a small bowl and season to taste with salt and pepper.

6. SERVE

Place corn poppers on top of salad. Add a dollop of yoghurt sauce and serve immediately.



WINE MATCH: A Riesling.

CHEESY CORN POPPERS RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free soy sauce and choose gluten-free panko breadcrumbs. Make sure aioli is gluten-free.

INGREDIENT SWAPS / NOTES: Rice flour could be swapped for plain flour if preferred. You can use 1/2 telegraph cucumber instead of a Lebanese cucumber. If you like a meatier meal, add some pan fried chorizo or bacon to the salad.

STORING AND REHEATING: Store corn poppers separate to salad and dressing. Poppers are best reheated in a frying pan or in the oven (try 180°C / 360°F fan bake for 15 minutes), otherwise they'll lose their crispness. Assemble meal and dress salad just before serving.