



Roasted Corn Cobs & Zesty Mango Mayo with Parmesan

Grab your Meal Kit
with this symbol



Corn



Lemon



Coriander



Mango Mayonnaise



Chilli Flakes
(Optional)



Grated Parmesan
Cheese



Hands-on: 5 mins
Ready in: 30 mins



Naturally Gluten-Free
Not suitable for coeliacs



Spicy (optional
chilli flakes)

Jazz up corn cobs by roasting them and serving with a luxurious mango and lemon mayonnaise, plus Parmesan cheese, coriander and chilli flakes. It's the additions that make all the difference here.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper

Ingredients

	2 People
olive oil*	refer to method
corn	2 cobs
lemon	1
coriander	1 bunch
mango mayonnaise	1 packet (50g)
chilli flakes (optional)	pinch
grated Parmesan cheese	1 packet (30g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1114kJ (266Cal)	570kJ (136Cal)
Protein (g)	9.1g	4.7g
Fat, total (g)	17.4g	8.9g
- saturated (g)	4.3g	2.2g
Carbohydrate (g)	15.8g	8.1g
- sugars (g)	8.6g	4.4g
Sodium (mg)	216mg	111mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the corn

Preheat the oven to **240°C/220°C fan-forced**. Cut the **corn** cobs in half and place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender and charred slightly, **20-25 minutes**.

3



Make the mango dressing

On a serving plate, combine the **mango mayonnaise**, **lemon zest**, a squeeze of **lemon juice**, a pinch of **chilli flakes** (if using) and **coriander** (reserve some for garnish!).

2



Get prepped

While the corn is roasting, zest the **lemon** to get a pinch and slice into wedges. Roughly chop the **coriander**.

4



Serve up

Transfer the roasted corn cobs to the serving plate. Sprinkle with the **grated Parmesan cheese**, garnish with reserved coriander and serve with remaining lemon wedges.

TIP: For maximum flavour, turn and coat the corn cobs before eating!

Enjoy!

Rate your recipe

Scan here to rate this recipe!

