



Corn on the cob with bacon and parmesan

10'
Hands on

20'
Cook Time

4
Portion(s)

1
Difficulty



Ingredients

- 4 ears of corn, husks removed
- 130 g bacon, finely chopped
- 40 g grated parmesan cheese
- 40 g almond slivers
- 50 g honey

To serve

- 2 tbs olive oil
- freshly ground pepper

Διατροφικός πίνακας

Nutrition information per portion

357 Calories (kcal)	21.0 Total Fat (g)	5.2 Saturated Fat (g)	22.0 Total Carbs (g)
18%	30%	26%	8%
14.0 Sugars (g)	16.0 Protein (g)	7.3 Fibre (g)	0.97 Sodium (g)
16%	32%	29%	16%

Method

- Preheat oven to 220* C (428* F) Fan.
- Remove husks from ears of corn.
- Place into **pot** full of water. Bring to a boil. Boil for 10 minutes after it comes to a boil until softened.
- Combine the finely chopped bacon, grated parmesan and almond slivers in a **bow**l.
- Line a **baking pan** with parchment paper. Spread parmesan mixture into baking pan.
- Remove ears of corn from water. Brush them with some honey and roll in parmesan mixture to coat.
- Transfer to a separate baking pan lined with parchment paper.
- Bake for 10 minutes.
- When ready, remove from oven. Spray with some olive oil and sprinkle with some freshly ground pepper.