



Mohlo Campanha

10'
Hands on

4-6
Portion(s)

1
Difficulty



Method

This spicy green sauce is known as a vinaigrette sauce in Brazil. It is served as a condiment to meat and fillets. It also goes very well with corn and even with salads!

- Combine all of the ingredients in a bowl. Check seasoning.
- Add the olive oil and vinegar according to how thick you want your sauce to be and depending on your preferences.

To serve

- Season the corn with salt and pepper and drizzle with some olive oil, making sure it is evenly distributed.
- Place a pan or grill pan over medium to high heat and add the corn.
- Cook on all sides for 4-5 minutes, until golden.
- Serve the corn along with the molho campanha sauce.

Tip

If you use fresh corn on the cob, you need to boil it in salted water until it softens!

Ingredients

- 1 onion, finely chopped
- 6 chili peppers, green, finely chopped
- lime juice, of 2 lime
- 1 bunch parsley, finely chopped
- 1 teaspoon(s) olive oil
- 1 teaspoon(s) vinegar, of red wine

To serve

- 2 corns, vacuum packed
- 2 pinches salt
- 1 pinch pepper
- 1 tablespoon(s) olive oil

Διατροφικός πίνακας

Nutrition information per 100 gr.

48 Calories (kcal)	1.6 Total Fat (g)	0.2 Saturated Fat (g)	5.8 Total Carbs (g)
2%	2%	1%	2%
4.9 Sugars (g)	1.3 Protein (g)	1.9 Fibre (g)	0.02 Sodium (g)
5%	3%	8%	0%