



BBQ Corn Ribs and Harissa Pine Nut Salad

Prep and cooking time -
30 minutes

Ingredients for BBQ corn ribs

- 2 sweetcorn cobs
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp smoked paprika
- 1 tsp oregano
- 1 tsp brown sugar
- 1.2litres water (add vegetable stock)
- Olive oil

Ingredients for Harissa Pine Nut Salad

- 3 tablespoons pine nuts
- 3 tablespoons water
- 4 tablespoons cider vinegar
- 1 tablespoons lemon juice
- 1 clove of garlic
- ½ cup of parsley sprigs
- 1 tsp salt
- ¼ cup of olive oil
- 2 tsp of harissa paste

Method for BBQ corn ribs

Peel the husks from the corn, with a knife, cut the bottom so you that you have a flat base.

Sit the corn on the flat base, then cut in half, cutting down the length of the corn.

Lay the two halves, then cut them into three ribs, cutting them lengthways, try to keep the middle intact.

Make your BBQ spice mix using the ingredients listed.

Thoroughly coat the ribs in oil and the spice mix. Bake at 190 until curled and crispy, roughly 20 mins.



Method for Harissa Pine Nut Salad

In a small bowl, toss the first six ingredients.

Place the pine nuts into a blender, blend until finely grounded. Add the water, vinegar, lemon juice, parsley, garlic, and salt to the blender and further blend the ingredients together. Whilst blending add olive oil in a steady stream.