

## **Spiced grilled corn on the cob / Elotes**

Total time **20 mins 10 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):

1,392 kJ / 331 kcal

## **INGREDIENTS**

2 portion(s)

2 corn on the cob3 tbsp <u>Kikkoman Teriyaki</u>

**Marinade** 

**2 tbsp** mayonnaise

**30 g** grated hard cheese (ie

parmigiano)

**0.5 tsp** dried oregano**0.5 tsp** cumin powder

**0.5 tsp** chipotle powder / Chilli

powder

Fat: **21.7** g Protein: **9.1** g Carbohydrates: **23.7** g

## **PREPARATION**

Step 1

Bring a saucepan of water to a boil. Peel off the corn skins and precook it for 5 minutes, then drain.

Step 2

Brush the corn with 1-2 tbsp teriyaki marinade and let it marinate while heating the grill or griddle pan. Grill for a few minutes till it gets some char marks.

Step 3

Mix mayo with 1 tbsp teriyaki marinade and brush onto the corn. Sprinkle with grated cheese and spices. You can add additional herbs like parsley or coriander.