

Grilled sweetcorn with lime sour cream



Ingredients for 4 people

4 corn cobs (fresh or cooked)

For the lime sour cream:

1 organic lime
½ bunch of chives
½ onion
200 g low-fat quark
100 g crème fraîche
2 tbsp apple vinegar
approx. 1 tsp sugar
Salt and pepper

Wash the fresh sweetcorn and boil in a pan with plenty of salted water on a medium heat for approx. 15 minutes. This step is not necessary for pre-cooked sweetcorn.

To make your home-made lime sour cream, first wash the organic lime, grate the peel and squeeze out the juice. Wash the chives, shake dry and chop finely. Finely chop the onion.

Put the low-fat quark, crème fraîche, apple cider vinegar and lime juice in a bowl and mix well. Fold in the chopped onion, chives and lime zest. Season to taste with sugar, salt and pepper.

Place the pre-cooked corn on the barbecue and sear on all sides. Serve with the sour cream.

Bon appétit!