

Air Fried Corn Ribs



Serves 4



20 minutes



Summer



Corn



INGREDIENTS:

- 4 corn cobs
- 1 tablespoon butter, melted
- 1 teaspoon paprika
- 1 teaspoon garlic powder or 1 teaspoon minced garlic
- Salt and pepper

METHOD:

1. Pull down the green leaves (husk) from the top of the cob all the way to the base and peel them off completely. Remove the thin white strands (silk) by rubbing them off with your hands or a clean kitchen towel.
2. Trim the top and bottom of the cob so it stands flat.
3. Stand the cob upright. Place the knife at the centre top and press down firmly to cut it in half. Then cut each half lengthwise again to make 4 long pieces in total.
4. In a bowl, mix melted butter, paprika, garlic, salt, and pepper.
5. Brush this mixture evenly over the corn pieces.
6. Air fry at 190°C for 12–15 minutes, shaking halfway.
7. Serve warm.

TIPS:

- You can replace butter with olive oil.
- Use a sharp knife to cut the corn safely.
- You can also bake the corn ribs in an oven. Preheat the oven at 190°C. Place the corn ribs on a lined baking tray and bake for 25-30 minutes, or until they are golden and slightly curled.
- Husks, silks, and leftover cobs can be composted.

Share it with us!



@foodfromhome



This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.