Hot Chilli Honey Street Corn Bowl

EASY • 45 MINS

Bring the flavours of Mexican street corn home with this hearty bowl, finished with a generous drizzle of Capilano Hot Chilli Honey. Spiced beef mince and roasted sweet potato sit alongside a zesty corn salad, creamy avocado and a final sprinkle of Tajin. Ready in 40 minutes, it's a colourful midweek dinner easy to customise for your crew.

Recipe by: betterwithspice.com



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	30 mins	2-4

Ingredients

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

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Roasted sweet potato

- 1 large sweet potato, cut into 2cm cubes
- Avocado oil, for roasting
- Salt and black pepper, to season

Spiced beef mince

- 500g beef mince
- 1 tbsp tomato paste
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp black pepper

Street corn

- 1 can corn kernels, drained and rinsed
- ¼ cup coriander, chopped
- ¼ red onion, finely chopped
- Tajin, to taste

To serve

- 1 avocado, halved
- ½ cup crumbled cotija cheese (or feta)
- Tajin, to sprinkle
- Capilano Hot Chilli Honey, to finish

Method

1. Preheat the oven to 200°C (fan-forced) and line a baking tray with baking paper.

2. Place the sweet potato cubes on the tray, drizzle with avocado oil and season with salt and pepper. Toss to coat, then roast for 25–30 minutes, turning halfway, until golden and cooked through.

3. Meanwhile, combine the corn, coriander, red onion and a sprinkle of Tajin in a bowl. Mix well and set aside.

4. Heat a large frying pan over medium-high heat. Add the beef mince and cook for 5 minutes, breaking it up with a spoon. Add the tomato paste and spices, then cook for a further 3–4 minutes until browned and fragrant.

5. Divide the roasted sweet potato, spiced beef mince, avocado and street corn mixture between bowls. Top with crumbled cotija or feta, fi nish with a sprinkle of Tajin and a generous drizzle of Capilano Hot Chilli Honey.

Used in this recipe



Capilano Hot Chilli Honey

Available at

coles Woolworths

Honey with a Kick!

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Capilano Hot Chilli Honey is crafted by our master honey blender, who expertly infuses premium Australian floral honey with firey flecks of habanero chilli to create a delicious, sweet heat.

Elevate Your Savoury Dishes

Seek out the taste of adventure of sweet and spicy with this hot honey on your pizza, wings, tacos, stir fries and Asian-inspired dishes. It's a convenient, fresh new way to add loads of flavour to any savoury dish.

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