



Griddled polenta with corn & green salsa



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



532 kcal

SIDE DISH

Ingredients

- ☐ 375 g polenta
- ☐ 398 g sweetcorn drained canned
- ☐ 1 chilli red deseeded finely chopped
- ☐ 50 g vegetarian cheese parmesan-style grated
- ☐ 2 avocados peeled chopped
- ☐ 1 cucumber chopped
- ☐ 4 spring onion sliced
- ☐ 1 small bunch coriander roughly chopped

- ☐ 2 juice of lime
- ☐ 4 tbsp olive oil

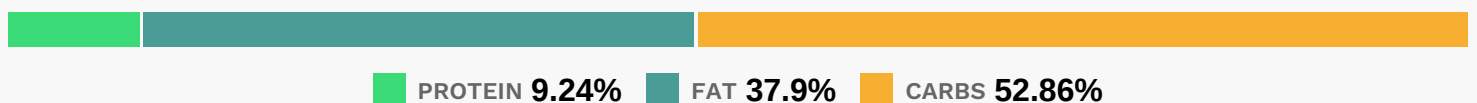
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Bring 1.5 litres of water to the boil in a large saucepan. While stirring the water constantly with a wooden spoon, tip in the polenta in a steady stream. Lower the heat so the polenta isn't spluttering too much, then cook, stirring occasionally, for 10 mins. Meanwhile, line a 40 x 30cm tray with baking parchment. Stir the corn, chilli and grated cheese into the polenta with 2 tsp salt, then spoon out onto the tray.
- ☐ Spread to a rough rectangle, making sure the polenta is packed tightly and there are no gaps. Cover with another sheet of baking parchment and a flat baking tray, then top with some cans or jars to press and flatten the polenta while you chill it in the fridge for at least 2 hrs, or up to a day.
- ☐ Before barbecuing, mix together the avocado, cucumber, spring onions, coriander, lime and 2 tbsp oil with seasoning.
- ☐ Heat the barbecue (or a griddle pan), trim the edges off the set polenta to neaten, then slice into 12 wedges.
- ☐ Brush both sides of each wedge with a little of the remaining oil and barbecue or griddle for 5 mins on each side until charred and hot through.
- ☐ Serve a couple of wedges per person, topped with a generous spoon of the chunky green salsa.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:7.88, Inflammation Score:-7, Nutrition Score:16.992173616005%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 532.29kcal (26.61%), Fat: 23.22g (35.73%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 72.87g (24.29%), Net Carbohydrates: 65.04g (23.65%), Sugar: 5.37g (5.97%), Cholesterol: 5.67mg (1.89%), Sodium: 143.43mg (6.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.73g (25.47%), Vitamin K: 45.69µg (43.51%), Vitamin C: 27.59mg (33.44%), Fiber: 7.83g (31.32%), Folate: 88.91µg (22.23%), Vitamin B6: 0.44mg (21.9%), Phosphorus: 208.1mg (20.81%), Potassium: 695.82mg (19.88%), Vitamin E: 2.97mg (19.83%), Vitamin B5: 1.96mg (19.58%), Selenium: 13.06µg (18.65%), Manganese: 0.34mg (17.23%), Magnesium: 67.69mg (16.92%), Vitamin B3: 3.24mg (16.19%), Vitamin A: 753.24IU (15.06%), Vitamin B1: 0.22mg (14.65%), Copper: 0.27mg (13.34%), Calcium: 126.14mg (12.61%), Vitamin B2: 0.21mg (12.15%), Zinc: 1.48mg (9.84%), Iron: 1.75mg (9.73%), Vitamin B12: 0.1µg (1.67%)