Snack

Cheesy Garlic and Chilli Lemon Popcorn

Freshly popped corn split into two batches, one tossed with a garlicky Parmesan topping and the other with a bright chilli and lemon one.



Low sugar

10 min	58	7.7 g	0.2 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 60 g popping corn (divided into two, 30g portions)

For the cheesy garlic popcorn topping

- [ ] 1 tsp rapeseed oil1-2 cloves garlic, crushed
- [ ] 1 tsp chopped fresh oregano (or half tsp dried)
- [ ] good grind pepper
- [ ] 10 g Parmesan, very finely grated

For the chilli lemon popcorn topping

- [ ] 1 tsp rapeseed oil
- [ ] half red chilli, very finely chopped
- [ ] juice and finely grated zest 1 lemon
- [ ] 1 tsp chopped fresh thyme (or half tsp dried)

Nutrition Facts

Per serving

Calories	**58**
Total fat	2 g
Saturated fat	0.4 g
Sodium	Not listed
Total carbs	7.7 g
Fiber	0.5 g
Total sugars	0.2 g
Protein	2 g

Method

- [ ] **1** Set a large deep pan with a lid over the heat and tip in the popping corn.
- [ ] **2** Give the pan a regular shake, and after 2-3 minutes the corn will begin popping, so leave the lid on and keep shaking until it stops.
- [ ] **3** Tip the popped corn into a large bowl, leaving any unpopped kernels behind, and pop the rest the same way, then split the lot into two portions.
- [ ] **4** For the cheesy garlic version, gently cook 1 tsp rapeseed oil with the crushed garlic cloves, 1 tsp chopped fresh oregano and a good grind of pepper for 1 minute, keeping the garlic pale.
- [ ] **5** Toss in half the popped corn with the very finely grated Parmesan, mix well and serve.
- [ ] **6** For the chilli lemon version, gently cook the remaining 1 tsp rapeseed oil with the finely chopped red chilli and 1 tsp chopped fresh thyme for 1 minute.
- [ ] **7** Add the lemon juice and finely grated zest and heat for a further minute until the juice has halved in volume.
- [ ] **8** Tip in the remaining popped corn, mix well and serve.

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