

# Zesty Lime-Chilli Popcorn

SERVES

4

Grab your Kit



## First up!

Wash your hands and any fresh foods before you start.

### Ingredients 4 people

<b>Olive Oil*</b>	Refer to method
Lime	1
<b>Butter*</b>	60g
Chilli Flakes	pinch
Popcorn Kernels	1 packet

\*Pantry Items

### Nutrition Information

AVG QTY	PER SERVING	PER 100g
Energy (kJ)	1131kJ (270Cal)	1727kJ (413Cal)
Protein (g)	3.2g	4.9g
Fat, total (g)	21.1g	32.2g
- saturated (g)	9.4g	14.4g
Carbohydrate (g)	14.2g	21.7g
- sugars (g)	1.5g	2.3g
Sodium (g)	56mg	85mg

The quantities provided above are averages only.

## 1. Make the lime-chilli butter

Zest **lime**, then juice. In a small microwave-safe bowl, add the **butter**, **lime zest** and the **juice** and **chilli flakes**. Microwave the butter mixture in **10 second** bursts, until melted.

## 2. Cook the popcorn

In a large frying pan or saucepan with a lid, heat 2 tbs of **olive oil** over high heat. When oil is hot, add **popcorn kernels** and immediately cover with lid. Cook, shaking occasionally, until kernels have popped, **1-2 minutes**. Transfer to a large bowl.

## 3. Serve up

To the popcorn, pour over lime-chilli butter. Season generously with **salt**. Toss to combine and serve.

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

If you have any questions or concerns, please contact us at [hellofresh.com.au/contact](https://hellofresh.com.au/contact) 2023 | CW06



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# ON THE MENU

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## Brekkie delights

Make breakfast extra delicious with one of our satisfying breakfast options, like granola, pancakes and bagels.

Combining a fresh bagel and delicious savoury toppings, our **Smoked Salmon & Cream Cheese Bagel with Spring Onion & Capers** is sure to be a hit!



## Treat yourself

For a twist on a retro classic try our **Tropical Upside Down Pineapple Cake with Coconut Caramel & Toasted Coconut**. With a decadent coconut caramel sauce, you'll be lining up for seconds!



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Raspberry Lemonade Kombucha



Sweetcorn & Spring Onion Fritter Bites

## Plan your menu!

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