



bit spicy

# Esquites - sauteed sweetcorn with sweetcorn & pepper

Esquites means fried corn, and here we have a truly delicious but so simple recipe. Traditionally epazote would be used to give its unique flavour, and it is available dried online in the UK, but fresh coriander adds a different but equally good taste. Don't leave out the chillies as it benefits from a little heat. Serve as a side dish, or a meal on its own wrapped in a tortilla. **serves 4**

- 1 large tin drained sweetcorn, or 300g frozen kernels
  - 2 courgettes, sliced (cut the slices in half if very large)
  - 1 large red pepper, sliced
  - 1 medium onion, finely chopped
  - 1 tsp dried epazote or 4 tbsp finely chopped fresh coriander
  - 2 tbsp oil
  - fresh green chillies, finely chopped (as many as you like!)
  - salt and pepper to taste
1. Heat the oil in a large pan and gently fry the onion, chillies and pepper until soft.
  2. Add the courgettes, sweetcorn and epazote if using, cover and cook gently for a few minutes until the courgette starts to soften.
  3. Turn up the heat slightly, stir in the coriander if using and cook for a few more minutes.
  4. Season and serve.

## Cook's notes

- You could use this as a vegan filling for an enchilada.
- Spoon over a dollop of sour cream or creme fraiche, or grill with some cheese on top and wrap in a tortilla.