



Popcorn

Only minutes in the microwave! A low-cost and fun snack recipe that is really easy to make.



Time to prepare: 1 minutes



Time to cook: 3 minutes



Serves 8



Suitable for vegetarians

Ingredients

- 1 tablespoon vegetable oil
- 1 cup popping corn kernels

Method

To cook in the microwave:

1. Place oil and corn kernels in a plain brown paper bag, folding the top of the bag over twice to seal in the corn kernels. Shake to coat kernels with oil. You could also use a microwave proof bowl with lid.
2. Cook on HIGH for 2 1/2 minutes or until most kernels have popped.
3. If needed, transfer cooked popcorn to a bowl and return unpopped corn to the microwave for 30 seconds.

To cook on the stove top:

1. Heat the oil in a heavy-based saucepan. Add the popping corn.
2. Cover the pan with a lid and shake over the heat to prevent burning.
3. Corn should be popped in 2 to 3 minutes.

Notes

This recipe makes about 8 cups of popcorn. Store any leftovers in an air-tight container and it will last for a couple of weeks. Tip: Keep unpopped corn kernels in the freezer and remove just before using - it pops better and doesn't burn as easily.

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- use whatever vegetables you have on hand.**

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