

SAVOURY POPCORN

Serves: 4 Preparation/Cook Time: 2-3 mins



INGREDIENTS

1 tbsp sunflower oil
70g/2½ oz popping corn
1 tsp spice mix, such as Cajun or barbecue seasoning



EQUIPMENT

Saucepan with lid
Spoon
Stove
Bowl



METHOD

1. Heat oil in a saucepan and add the popping corn (don't pile it up, keep in one layer) Over a medium heat cook the corn, with the lid on the saucepan, shaking regularly until the corn has popped. Do not remove lid during this process.
2. Put popcorn in a large bowl and sprinkle your choice of seasoning over the top and mix thoroughly with a spoon until all the corn is coated.
3. Leave to cool.
4. Can be stored in an airtight container for 3-4 days.

