

# Spicy popcorn

Serves: 4

## Time

Cooking time 5 minutes

## Ingredients

- 1 tablespoon rapeseed, sunflower or corn oil
- 20 squirts low-calorie spray oil
- 100g corn kernels
- 1½ level teaspoons curry powder

## Method

1. Heat the oil in a saucepan until it is hot.
2. Add the corn kernels and cover with a lid, then shake and reduce the temperature to moderate.
3. Once the corn begins to pop, turn off the heat if you're using electric but leave it at moderate heat if you're using gas.
4. When the popping has slowed down, remove the saucepan from the hob and wait until it stops popping completely.
5. Transfer the popped corn to a serving bowl, sprinkle with the curry powder and mix well.

## Tip

This is a healthy alternative for a movie snack.

