

# Sweetcorn fritters with smoked salmon



## Sweetcorn fritters with smoked salmon

**Preparation:** about 15 mins (+10 mins standing) **Cooking:** about 25 mins  
**Serves:** 4 as a light meal.

### Ingredients:

- 2/3 cup self-raising flour
- 1 egg, lightly beaten
- 2/3 cup low-fat milk
- 4 corn cobs, husks and silks removed and kernels cut from cobs
- 6 green onions (shallots), thinly sliced
- 1/3 cup coriander leaves, finely chopped
- salt and ground black pepper
- 2 tbs vegetable oil
- 200g sliced smoked salmon, to serve
- 1/3 cup light sour cream, to serve

### Method:

1. Sift flour into a large bowl. Combine egg and milk in a small jug. Gradually add egg mixture to flour mixture, whisking continuously, until batter is smooth. Cover and set aside for 10 minutes.
2. Add corn, green onions and coriander to batter. Season with salt and pepper to taste and stir to combine.
3. Heat oil in a large non-stick frying pan over medium heat until hot. Using 1/3 cup mixture per fritter, cook in batches, for 4–5 minutes on each side or until golden and cooked through. Remove to a plate lined with paper towel, cover and keep warm.
4. To serve, place two warm fritters on each serving plate. Top with sliced smoked salmon and a dollop of sour cream and serve.



### Sweet corn:

- A good source of dietary fibre which keeps the intestine functioning well.
- Provides niacin (vitamin B3), essential for the release of energy from proteins, fats and carbohydrates.
- A source of the antioxidant vitamins C and E.
- Low glycaemic index (GI) as its carbohydrates are digested slowly.