

# Mini sweetcorn pikelets with avocado & smoked salmon



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Preparation 20 mins | Cooking 15 mins | Makes 20

1 cob sweetcorn, husks and silks removed (about 1¼ cups corn kernels)  
½ cup finely sliced chives + extra to serve  
2 free-range eggs, lightly whisked  
1 cup self-raising flour  
⅓ cup milk  
1 tbs extra virgin olive oil  
1 ripe medium avocado  
1 tbs lime juice  
⅓ cup crème fraîche or sour cream  
100g smoked salmon, sliced into strips  
Lime wedges, to serve

**STEP 1** Using a small serrated knife, slice kernels from the corn cob. Combine corn kernels, chives and eggs in a large bowl. Season with salt and pepper. Mix until well combined. Add flour and stir to combine. Stir in milk.

**STEP 2** Heat oil in a large non-stick frying pan over medium-low heat. Using 1 tbs mixture per pikelet, cook pikelets in batches, for 1-2 minutes until bubbles appear on the surface and the base is golden. Turn and cook for a further 2-3 minutes until pale golden and cooked through. Transfer to a plate.

**STEP 3** Halve the avocado and scoop flesh into a bowl. Add lime juice. Using a fork, mash until almost smooth.

**STEP 4** Top each pikelet with avocado, a dollop of crème fraîche or sour cream and top with a thin slice of smoked salmon. Season with pepper. Serve with lime wedges and a scatter of extra finely sliced chives. Sprinkle with a few mustard cress micro-herbs if liked.

## Good for you... SWEETCORN

*A good source of dietary fibre which contributes to normal laxation. Provides niacin (vitamin B3) which is needed for the release of energy from food and also the B vitamins biotin and folate. Biotin contributes to the maintenance of healthy skin, mucous membranes and hair.*

