

Sweetcorn fritters



Sweetcorn fritters

Preparation 20 mins | Cooking 20 mins | Makes 8

$\frac{2}{3}$ cup self-raising flour

1 egg, lightly beaten

$\frac{2}{3}$ cup low fat milk

4 sweetcorn cobs, husks and silks removed

3 green onions (shallots), thinly sliced

$\frac{1}{3}$ cup coriander leaves, finely chopped

Rice bran or vegetable oil, for pan-frying

Reduced fat sour cream and sweet chilli sauce, to serve

STEP 1 Sift flour into a large bowl. Combine egg and milk in a small jug. Gradually whisk egg mixture into flour, until batter is smooth. Cover and set aside for 10 minutes.

STEP 2 Slice kernels from the corn cobs. Add corn, green onions and coriander to batter. Season with salt and pepper. Stir to combine.

STEP 3 Heat $\frac{1}{2}$ cm oil in a large non-sticking frying pan over medium heat until hot. Using $\frac{1}{3}$ cup mixture per fritter, spoon mixture into the pan and gently flatten, cook fritters in batches, for 3-4 minutes on each side until golden and cooked through. Drain on paper towel and keep warm. Serve fritters with sour cream and sweet chilli sauce.

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 while folate is needed for the formation of blood cells. Also provides some iron that is needed for making red blood cells.

