

RECIPE

sweetcorn fritters

INGREDIENTS

- * 2 cups of sweetcorn kernel
- * 1 cup plain flour
- * 2 cups grated cheese
- * 1 teaspoon baking powder
- * 1/2 cup sliced spring onions
- * 1/4 teaspoon salt
- * 1/4 cup chopped parsley
- * 1/4 teaspoon paprika
- * 1 tablespoon sugar
- * 1/2 cup milk
- * 2 eggs
- * 1/2 cup diced capsicum

* instead of sweetcorn
do 1 cup of grated
zucchini and 1 cup
of grated pumpkin.

* recipe x 1.5.

○ DELICIOUS BREAKFAST
○ PERFECT FOR LUNCH
○ SLOW COOKING
○

METHOD

- * place flour, baking powder, salt, sugar and paprika in a bowl. Make a well in the centre
- * in a separate bowl, combine eggs and milk
- * gradually add the egg mix to the flour mix and whisk until you have a smooth lump free batter. It will be quite stiff.
- * Add the grated cheese.
- * In another bowl, mix the corn, capsicum, spring onions, parsley and add all ingredients to the batter.
- * Heat a few tablespoons of oil into 2 frypans.