

Corn Fritters

RECIPE BY Rose Street Pantry

PREP 15 MIN

COOK 70 MINS

SERVES 5

LEVEL CAPABLE

INGREDIENTS

- 200g fresh, canned or frozen corn (2 cobs if fresh corn)
- 2 spring onions, chopped
- 2 eggs or equivalent egg replacer
- Salt and pepper, to taste
- 100g self-raising flour (4 heaped tablespoons)
- 100g feta, crumbled
- 1tsp garlic powder
- Grated zucchini can also be added
- 200ml sour cream, plain yoghurt or cream
- 1 red capsicum finely diced
- 1tsp chilli oil mix/powder/sauce - **optional**
- Olive oil (or another cooking oil of your choice)

Herby Yoghurt Dressing

- 250g plain natural yoghurt or goats curd
- Salt and pepper to taste
- 1 handful of finely chopped fresh parsley/mint/coriander
- 1 lemon (zest & juice of ½ the lemon)

METHOD

- STEP 1** Mix all fritter ingredients (apart from the oil) in a large bowl until it forms a loose batter. Fry one fritter to taste and season accordingly with extra chilli, salt or pepper
- STEP 2** Heat olive oil in a pan. Once heated, drop spoonfuls of the batter into the pan. Allow them to cook for about 5 minutes until golden brown, then flip them to cook the other side. Don't turn before they are quite brown.
- STEP 3** Once fritters are browned on both sides, remove from the oil and place on a paper towel to cool before serving.
- STEP 4** Depending on the size of your pan, you may need to cook the fritters in a few batches. Add more oil to the pan as needed.
- STEP 5** While the fritters are cooking, prepare the yoghurt dressing by mixing the yoghurt with the herbs, lemon zest, juice, salt and pepper. Season to taste and serve alongside the fritters.
- STEP 6** These are delicious served with smoked salmon, avocado, poached eggs, grilled chicken salad and lots more.