



Corn Fritters

RECIPE

INGREDIENTS :

- Corn kernels - 1 cup
- Flour - 1 1/4 cup
- Chopped parsley - 1 cup
- spring onions, sliced - 2
- Eggs - 3
- Milk - 1 cup
- Vegetable oil - 1 Tbsp
- Yoghurt sauce
- Greek yoghurt - 1 cup
- Chopped parsley - 1 Tbsp
- Lemon juice - 2 Tbsp
- Pepper for seasoning
- Salt for seasoning

10 MINS
COOK TIME
20 MINS
SERVES 4

DIRECTIONS :

- Combine corn, flour, parsley and spring onion in a large bowl.
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- In a jug, whisk together eggs and milk. Pour into corn mixture and stir until combined.
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- Heat a non-stick frying pan on high. Brush with oil. Cook 1/4-cup measures of mixture 2 minutes each side, until fritters are golden.
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- To make yoghurt sauce: Combine all ingredients in a small bowl. Season with salt and pepper to taste. Serve with fritters.
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- Tip: Choose canned corn that is a 'no added salt' variant, or you could rinse the kernels in water and drain before adding to the batter to reduce the salt.

