

Sweetcorn Fritters

Serves 4

INGREDIENTS

- 100g plain flour
- 200g sweetcorn
- 250 ml milk
- 1 large egg
- 1 spring onion, finely chopped
- Spray oil
- Black pepper and salt for seasoning



TOP
TIPS

Use spray oil for a healthier option.

METHOD

1. Preheat the oven to 180°C/gas mark 5.
2. Whisk egg and milk together. Then add and whisk the flour.
3. Fold in spring onion and sweetcorn with metal spoon and season.
4. Grease a baking tray with oil and pre-heat for 2 mins.
5. Spoon 2 tbsp of batter onto tray for each fritter, evenly spaced.
Bake for 10 mins, turning over at 5 mins.

Serving Suggestion - enjoy with fresh salad.