



Zucchini and Corn Fritters

Makes about 10

1 cup self-raising flour

200 ml warm water

2 x 420g cans Golden Circle Corn Kernels

No Added Salt

2 zucchinis, grated

1 red onion, finely chopped

2 tablespoons chopped fresh coriander

Seasonings to taste

1 egg white

Sweet chili sauce, to accompany

- Sift flour into a bowl.
- Make a well in the centre of the flour.
- Gradually blend in water until smooth.
- Mix corn, zucchini, onion, coriander and seasonings into batter.
- Beat egg white in a small bowl until stiff peaks form.
- Fold into batter until mixture is well combined.
- Heat a non-stick frying pan. Spray with oil.
- Spoon heaped tablespoons of the mixture into the pan.
- Cook for 2-3 minutes each side or until golden and cooked through.
- Drain on crumpled kitchen paper.
- Serve drizzled with sweet chili sauce.

Accompany with salad or vegetables.

Note: These can also be baked. Place mixture on a baking paper-lined baking tray. Spray lightly with oil. Bake in a moderate oven (180°C) for 10 to 15 minutes or until cooked and golden.