

TOBERMORY'S CORN AND COURGETTE FRITTERS

Stack these fritters sky high and load up on the veg!

Makes 5-7 fritters

Preparation: 10 minutes

Cooking: 30 minutes

Ready: 40 minutes

INGREDIENTS

For the fritters

- ½ courgette, grated
- 1 tin of sweetcorn (200 g) or 1 cup (170 g) of frozen sweetcorn, thawed
- 4-5 spring onions, finely chopped
- 50 g white flour and add more if needed (use gram flour for a gluten-free option)
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- 2-3 teaspoons extra virgin olive oil per batch
- handful of fresh herbs or 1 teaspoon dried herbs (coriander and parsley work well)
- pinch of salt
- ½ red chilli, finely chopped or a pinch of chilli flakes (optional)

To serve

- sweet chilli sauce
- handful of rocket

METHOD

1. Finely grate the courgette and set aside. Strain all the liquid from the tin of sweetcorn or thawed frozen sweetcorn.
2. In a bowl, mix together the dry ingredients (flour and spices). Once combined add in the grated courgette, sweetcorn, spring onions, herbs, and chilli, if using. This should now become a lumpy batter consistency.
3. Heat a medium non-stick frying pan with 2-3 teaspoons of extra virgin olive oil and wait for the oil to start to sizzle. Spoon out a dollop of the mixture into the pan, making sure it all stays together. Use a spatula to flatten the mixture so it is about the thickness of a burger patty. You should be able to fit about 3-4 fritters in the pan at one time.
4. Give each fritter 6-7 minutes to cook on each side on a medium heat, until slightly browned, before transferring them to a plate. Add more oil to the pan and repeat until you run out of mixture.
5. Serve the fritters on a bed of rocket with a drizzle of sweet chilli sauce, or the sauce of your choosing, over the top.

