

Super sweetcorn fritters

Ingredients

25g Plain flour

1 large egg, beaten

½ heaped tsp baking powder

165g sweetcorn, drained or defrosted

4-5 stems of chives or 1 spring onion, finely chopped

1 tbsp vegetable oil

Method

1. Place 1/3 of the sweetcorn and the rest of the ingredients except the oil in a jug or small bowl and blend to make smooth with a stick blender .
2. Stir in the remaining sweetcorn.
3. Heat half of the oil in a large frying pan on a medium- high heat and drop in 4-5 spoonfuls of the batter. Fry for about 1 ½ minutes until golden on the underside, then carefully turn and cook for approximately a further 1 ½ minutes.
4. Drain briefly on kitchen paper before serving. Repeat with the remaining batter, adding the extra oil. Makes 10-14.

Serving suggestions and adaptations:

- Add ¼ tsp chilli flakes for a bit of heat!
- Replace the sweetcorn with peas. Crumble in feta, add a few chopped mint or basil leaves.
- Add 1/8- ¼ tsp salt for adults
- Serve with a sweet chilli dip or a yogurt and chive dip
- Use 85g sweetcorn with 85g diced halloumi for extra protein
- Add a few fresh chopped mint leaves to pea fritters
- Freeze for up to two months in an airtight container.