



SWEETCORN FRITTERS



Lunch



10 - 15 min

Ingredients

- 1 cup of Gluten Free Flour ($\frac{3}{4}$ of a cup of plain flour)
- 1 teaspoon of Baking Powder
- Salt & Pepper
- 1 tin of creamed sweetcorn
- $\frac{1}{2}$ a small red onion, finely diced
- herbs, finely chopped (parsley, chives or oregano are good)
- 1 egg, separated
- Oil and butter

GF DF V

Method

Place the flour, Baking Powder and Salt & Pepper in a large bowl.



Separate the egg, adding the yolk to the sweetcorn mix and placing the egg white in a small bowl.

Use a whisk or eggbeater to beat the egg white until it is “fluffy” and “puffy”.

Mix the creamed sweetcorn, onion and herbs into the dry ingredients and then fold in the egg whites, being careful not to crush the bubbles of egg white, too much.

Heat a couple of tablespoons of oil and a tablespoon of butter in a frying pan over a medium heat. Place spoonful's of fritter mixture in the pan

Turn the fritters with a fish slice, once there're golden brown, being careful not to burn them (or yourself!)

Serve with your favourite sauce, by themselves (we use sour cream and sweet chilli sauce) or add salad on the side, or use them as a carbohydrate option as part of a full meal.

Super easy, super tasty and they can be good in the lunchbox, too!

Eat well, sleep well, study well or work well, and know you are loved.

Arohanui
Suzy