



# Corn fritters

GF

Serves: 4

Preparation time: 15 mins | Cooking time: 15 mins

## Ingredients

2 eggs

½ cup probiotic natural yoghurt, plus extra for serving

⅔ cup chickpea flour

Freshly cracked black pepper, to taste

4 corn cobs, kernels removed, reserve 1 cob's worth for the salsa (see *Tip*)

¼ cup spring onion tops, finely sliced

2 tbsp extra virgin olive oil (EVOO)

½ large red capsicum, finely diced

½ cup cucumber, seeds removed and finely diced

## Method

1. Place eggs, yoghurt, chickpea flour and black pepper, to taste, into a large mixing bowl. Whisk to form a batter. Stir in 3 cob's worth of corn kernels and spring onion tops.
2. Heat EVOO in a large non-stick fry pan over a medium heat. Place ¼ cup of mixture into the pan and cook until the underside is golden. Flip the fritters and cook until golden on the second side. Once cooked, place onto a plate lined with absorbent paper.
3. Meanwhile, make the salsa by combining remaining corn kernels, capsicum and cucumber.
4. To serve, place a corn fritter onto serving plate and layer with a dollop of yoghurt and corn salsa. Season with freshly cracked black pepper, to taste

*Tip: Instead of fresh corn cobs, you can use a 420g can no-added-salt corn kernels.*