

# CORN AND ZUCCHINI FRITTERS



Makes 4-6 | Prep time: 15 mins

Cook time: 20 mins

## INGREDIENTS

3 zucchinis, ends trimmed, coarsely grated

400g tinned corn, rinsed and drained

1 cup chickpea flour

3 x spring onions, finely chopped

Pinch of cumin

½ tsp. baking powder

2 x eggs

½ cup milk

¼ cup parsley, chopped

Salt and pepper to season

2 tbsp. extra virgin olive oil

## METHOD

1. Place zucchini into a muslin cloth and squeeze out extra moisture. Transfer to a large bowl.
2. Add corn, spring onion, cumin, parsley and seasoning.
3. Whisk together eggs, milk, baking powder and flour in a separate bowl.
4. Gently add egg mixture to the other ingredients and combine well.
5. Heat oil in a large non-stick frying pan over medium heat. Spoon the mixture into the frying pan and flatten with an egg flipper. Cook for 3-4 minutes on each side until golden brown. Transfer the fritters to a plate lined with paper towel to absorb excess oil. Repeat with the remaining mixture.

Serve with poached eggs and wilted spinach.



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## NUTRITION TIP

Chickpea flour is a higher protein and higher fibre flour than plain flour. It also adds a deeper flavour to these fritters.