

K-Pow Fritters



Makes
24

TIP
Cold fritters are a tasty lunchbox idea.



Ingredients

- 4 eggs
- 400g tin creamed corn
- 400g tin corn kernels
- 3 spring onions
- Handful of parsley
- 100g reduced fat cheese
- 2/3 cup self-raising flour
- 1/2 cup frozen peas
- Pepper
- Spray oil

Equipment

- Bowl
- Can opener
- Whisk or fork
- Chopping board
- Knife
- Grater
- Measuring cups
- Mixing spoon
- Frypan
- Spatula



How to make it



1. Crack eggs into bowl. Add creamed corn and whisk together.



2. Drain corn kernels. Chop spring onions and parsley. Grate cheese.



3. Add corn, spring onions, parsley, cheese, flour, peas and pepper to bowl. Mix to combine.



4. Spray frypan with oil and turn to medium heat. Add spoonfuls of mixture into frypan, leaving space between each one.



5. Cook for 2-4 minutes each side until browned and cooked through. Repeat with remaining mixture.



nom!

