

Sweet corn & ham fritters



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Preparation: about 15 minutes +
10 minutes standing
Cooking: about 25 minutes
Serves: 8

⅓ cup self-raising flour
1 egg, lightly beaten
⅓ cup low fat milk
4 corn cobs, husks and silks removed
3 green onions (shallots), thinly sliced
100g sliced leg ham, finely chopped
Salt and ground black pepper
Rice bran or vegetable oil, for frying
Sour light cream and sweet chilli sauce,
to serve

1. Sift flour into a large bowl. Combine egg and milk in a small jug. Gradually add egg mixture to flour, whisking continuously to make a batter. Set aside for 10 minutes.
2. Hold corn cobs upright on a chopping board and slice off kernels. Add corn kernels, green onions and ham to batter. Season with salt and pepper. Stir to combine.
3. Heat ½ cm oil in large frying pan over medium heat until hot. Using ⅓ cup mixture per fritter, cook in batches for 4-5 minutes each side until golden and cooked through. Drain on paper towel. Serve fritters with sour light cream and sweet chilli sauce.



Sweet corn

- An excellent source of dietary fibre which keeps the intestine functioning well
- Provides one of the B vitamins (called niacin) that our bodies need to release energy from foods
- A source of potassium that is a natural way to balance the harmful effects of salt.
- The carbohydrate in sweetcorn is digested slowly so it gives you energy over a longer period



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