

CORN, ZUCCHINI AND FETA FRITTERS

These fritters are yummy eaten warm or cold for breakfast, lunch or dinner — any time, really! They also make a great addition to lunch boxes.

Makes 20

- 2½ tablespoons milk
- 1 free-range egg
- 1 large corn cob, kernels removed (see helpful hint)
- 1 medium zucchini (courgette), grated, squeezed of excess moisture
- 150 g (5½ oz) Greek feta cheese, crumbled
- 1 spring onion (scallion), ends trimmed, thinly sliced
- 60 g (2¼ oz) fresh ricotta cheese
- 120 g (4¼ oz) tin creamed corn
- 2 tablespoons snipped chives
- 2 tablespoons chopped flat-leaf (Italian) parsley
- 50 g (1¾ oz/1½ cup) plain (all-purpose) flour
- 25 g (1 oz) butter

- 1 Whisk the milk and egg together in a small mixing bowl.
- 2 Combine the corn, zucchini, feta, spring onion, ricotta, creamed corn, chives and parsley in a separate bowl. Add the flour and season with a good pinch of salt and some pepper.
- 3 Add the egg mixture to the vegetables and stir until well combined.
- 4 Heat 2 teaspoons of the butter in a large non-stick frying pan over medium heat. Cooking 3–4 fritters at a time, spoon 1 tablespoon of the mixture into the pan for each fritter and use the back of the spoon to flatten slightly. Fry the fritters for 2–3 minutes each side or until golden brown. Transfer to a plate lined with paper towel while you cook the remaining fritters. Add a little extra butter to the pan if the fritters begin to stick during cooking.

HELPFUL HINT

To remove the corn kernels, hold the cob upright and use a sharp knife to slice off the kernels from the lower half. Turn the cob upside down and slice off the remaining kernels.



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