



DietaryHawk

Sweet Corn Fritters with Avocado Salsa & Pickled Onion

Ingredients: (Serves 4)

1 Avocado, diced
2 Spring onion, thinly sliced
½ Bunch coriander, stems finely chopped and leaves picked
Juice of 1 lemon
4 Cobs corn, kernels removed (or 200g frozen corn, defrosted)
2/3 Cup self-raising flour
2 Eggs
Pinch of salt
1 Tablespoon olive oil

Pickled red onion:

1 small red onion, thinly sliced
½ Cup apple cider vinegar
2 Tablespoons caster sugar
½ Cup water
1 Teaspoon fennel seeds
6 Peppercorns

Method:

1. Place onion in a medium bowl. Combine apple cider vinegar, sugar, water, fennel seeds and peppercorns in a small saucepan and heat until sugar dissolves. Pour pickling liquid over onion and set aside to cool.
2. Combine avocado, spring onion, coriander leaves and lemon juice in a small bowl.
3. Place half the corn, flour, eggs, coriander stems and salt in a small food processor. Blitz until smooth, then fold in remaining corn. Heat oil in a large frying pan over medium-high heat. Add ¼-cup portions of mixture. Cook for 2-3 minutes each side or until golden and cooked through. Remove fritters from the pan and keep warm while cooking the remaining mixture.
4. Serve fritters topped with avocado salsa and pickled red onion.

Dietary note:

To make this recipe gluten free, simply swap the self-raising flour for gluten free self-raising flour.

Contains:



Egg



Wheat