

# SallyBee



Campaigning for people to "Season with Sense"



## SALLY BEE'S SWEETCORN FRITTERS

 **Prep: 5 minutes**

 **Cook: 10 minutes**

 **Makes: 10**

### INGREDIENTS:

- 300g drained, tinned sweetcorn
- 4 spring onions, sliced
- handful parsley, chopped
- 1 clove garlic, grated
- 3 eggs, beaten
- 75g plain flour (gluten free flour can be used)
- pinch of cayenne pepper
- pinch of **LoSalt**
- freshly ground black pepper
- drizzle vegetable oil

### METHOD:

1. In a large bowl, mix together the sweetcorn, spring onions, parsley, garlic and beaten eggs.
2. Next add the flour, cayenne pepper, **LoSalt** and black pepper and mix really well.
3. Now, heat a drizzle of vegetable oil in a large, non-stick frying pan.
4. Drop the fritter batter, 2 tablespoons at a time in to the hot pan. (cook 3 maximum at a time)
5. Cook for 2 minutes on each side and serve, hot!