

# Corn fritters

Makes 10

## Ingredients

- 2 spring onions
- 100g reduced fat fetta
- 1 cup self-raising flour
- 2 eggs
- 1/3 cup reduced fat milk
- 2 x 400g can of corn, no added salt
- Olive oil spray

## Method

1. Finely slice spring onions. Crumble fetta. Drain and rinse corn.
2. Add flour to a mixing bowl and make a well in the centre.
3. In a separate mixing bowl, whisk together eggs and milk. Slowly add to the flour, stirring constantly. Fold through corn, spring onions and fetta. Be careful to not over mix the mixture.
4. Lightly spray a frypan with olive oil. In batches of four, drop heaped tablespoons of the mixture into the pan. Cook for 2-3 minutes on each side, or until golden brown.



| NUTRITION INFORMATION                 |           |          |
|---------------------------------------|-----------|----------|
| Servings per recipe: 10               |           |          |
| Average serving size: 88g (1 fritter) |           |          |
|                                       | Per serve | Per 100g |
| Kilojoules (kJ)                       | 593       | 674      |
| Protein (g)                           | 7.2       | 8.2      |
| Total fat (g)                         | 3.4       | 3.4      |
| - Saturated fat (g)                   | 2.4       | 2.7      |
| Carbohydrates (g)                     | 19.3      | 22.0     |
| - Sugars (g)                          | 1.4       | 1.6      |
| Fibre (g)                             | 1.5       | 1.7      |
| Sodium (mg)                           | 316       | 359      |

*Serve with a side salad for a balanced meal.*

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines