

SWEETCORN FRITTERS



Serves: 8
Prep: 10 mins
Cook: 15-20 mins



Nutrition per
serving:
97 kcal
3g Fats
15g Carbs
3g Protein



WHAT YOU NEED

- 9.8 oz. (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- $\frac{3}{4}$ cup (185ml) cold water
- 4 tsp. coconut oil

WHAT YOU NEED TO DO

Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.

Next, add in the flour and water and mix well until smooth.

Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan is hot, ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough ($\frac{1}{2}$ tsp. of oil per 1 fritter).

Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.

Serve with a side of avocado and chili yogurt (optional).

