

Sweetcorn & Courgette Fritters

Ingredients

Makes 12-14 fritters. 🕒 40 mins prep time. 10 mins cooking

For the fritters:

- 3 small courgettes, grated
- A pinch of salt
- 2 large free range eggs
- 4 spring onions, thinly sliced
- 165g sweetcorn
- 120g plain flour
- ¼ tsp baking powder
- 1 ½ tsp cumin
- 1 tsp freshly chopped coriander
- 1 tsp sea salt
- ½ tsp freshly ground pepper
- Sunflower/coconut oil for frying

For the minty yoghurt dressing:

- 150ml plain yoghurt
- Half a lemon – for the zest plus wedges for serving
- 2 springs of mint, approx. 10 leaves, removed and chopped
- 1 clove of garlic, minced
- ¼ tsp freshly ground pepper
- ½ tsp sea salt

Method

1. Place the grated courgette into a large sieve, add a good pinch of sea salt and mix with your hands.
2. Place the sieve over a large bowl and leave for at least 10 minutes. This is to drain off any excess water from the courgettes – you don't want soggy fritters!
3. To make the yoghurt, add all of the ingredients together, mix well and leave to sit in the fridge until you are ready to serve.
4. Once the courgettes are fully drained, use your hands to squeeze out any excess water.
5. Add the courgette, sweetcorn and spring onions to a large mixing bowl. Add the eggs and stir well.
6. Sieve in the flour, baking powder and spices/herbs. Add salt and pepper and stir until combined.
7. To cook, heat about 2 tablespoons of oil in a large non stick pan. Place a small drop of the batter into the oil. When small bubbles appear at the edges, the oil should be hot enough to cook the fritters.
8. Add two tablespoons of the batter to the pan – this should be enough for one fritter. Lightly press down the batter with the back of a spoon.
9. Cook the fritters for approx. 3 minutes on each side. They should be golden brown on the outside.

💡 Tip: Don't overcrowd the pan – depending on the size of the pan, you could cook 2-4 at a time and put them on a plate in a warm oven until you are ready to serve.