

Lunchbox Corn Fritters

These lunchbox corn fritters are packed full of veggies, protein and flavour. I often cook up a big batch on a Sunday night and then pop the left overs in my kids' lunch boxes during the week. They also make a great afternoon tea. They are a fun dish for the kids to make as very little can go wrong with them. The adult version is also on the website under Asian style corn fritters.

INGREDIENTS

Makes 30 small or 2 pan size giant fritters. Either way this recipe makes 10 serves.

2 tablespoons Peanut or olive Oil for frying
4 fresh corn cobs (4 cups corn kernels/ 220g)
1 x 400g tin black beans, lentils or red kidney beans well drained
1 small spanish onion very finely diced (1 cup)
6 cloves garlic, minced
4 inch knob ginger, minced
1 tablespoon fish sauce
8 organic free range eggs, lightly whisked
3/4 cup wholemeal flour* or gluten free flour
3/4 cup buckwheat flour
1.5 teaspoons baking powder
Freshly cracked black pepper

To serve

Tzatziki and home made tomato jam

METHOD

1. Remove husks and fibre from the corn cobs and cut or pick off the kernels. Transfer to a large mixing bowl.
2. Add black beans, shallots, garlic, ginger, tomato chili sauce, fish sauce & eggs and mix well.
3. In a separate bowl combine the flours, baking powder and pepper. Mix well and stir into the corn mixture.
4. Heat large frying pan to medium high, then add small amount of oil.
5. Pour 2 Tbsp mix for each fritter into pan and cook 5 minutes over medium heat or until firm enough to flip.
6. Flip and cook further 5 minutes or until golden and cooked through.
6. Serve immediately or cool on paper towels, then refrigerate until needed.

Pop 3 into your child's lunchbox with some yoghurt sauce and chili jam.

You can also divide this mixture into 2 large batches and cook each batch like an omelette. Cook 10 minutes first side and then slide onto large dinner plate. Invert frying pan and flip giant corn fritter back into the pan. Cook a further 5 minutes. Slide it out of the pan and slice it into wedges.