

Corn & Zucchini Fritters



GF

Oh my these are a taste sensation. They are great for breakfast, lunch or dinner - just add sides to match the meal - eg. eggs for breakfast, side salad for lunch, steamed veg for dinner.

How we'll use it this week

- Non Sandwich
- Vegetarian

Ingredients

- 1 cup Self Raising Flour (I used GF)
- pinch of herbamare
- 1 egg
- Good grind of pepper
- 1 tblsp melted butter
- 1/4 cup milk of choice
- 1/4 cup broth
- 2 tblspns chia seed
- 2 fresh corn cobs
- 1/2 zucchini
- 1/4 tspn tumeric (fresh preferrably)
- Coconut oil for frying



BONUS Makes about 12 good sized fritters, so some for mum & dad, and some for freezing for another time!

Directions

1. Mix flour, salt & pepper in a bowl.
2. Add egg, butter, milk and chia seeds and mix well so there are no lumps.
3. Let batter sit whilst you do the next steps.
4. Cut corn from the cob.
5. Grate zucchini & squeeze out liquid.
6. Finely grate tumeric.
7. Add the corn, zucchini & tumeric to batter and stir through well.
8. Heat coconut oil in a frying pan over medium heat.
9. Place a spoonful (I used a soup spoon) of mixture into the pan - do as many as you can in one pan leaving room for turning.
10. Cook for 2 mins (should be golden), and flip, then cook for another 2 mins. Keep 2 for lunch, and freeze rest - allow to cool before freezing.

Freezing / Storing Instructions

Freeze in an air tight container with baking paper in between. Freeze in the quantities you're likely to use. To use, take straight from freezer and into the oven on 180 deg for 5 minutes. Don't microwave - they'll be limp.