



SERVES APPROX 10

Potato, Carrot and Sweetcorn Fritters

Recipe by Anne Harnan

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These little crunchy fritters are perfect for nibbling. Add a little fresh red chilli if you like, and pop them in a lunchbox. Easy to mix and make, and cook in minutes, you can swap the veggies and make your own variations.

Number of servings: 10

List of ingredients:

- 1 medium carrot (approx. 75g), peeled and grated
- 1 medium potato (approx. 150g), peeled and grated
- 100g canned sweetcorn
- 2 spring onions, finely chopped
- 50g plain flour
- 25ml water
- Salt and pepper
- 1-2 tbsp oil, to fry



Method:

1. Place the grated carrot, potato, sweetcorn and spring onions in a mixing bowl. Add a good pinch of salt and pepper and mix well.
2. Add in the plain flour and stir until well combined, then add in the water. Stir again until all the flour is mixed in and leave for a couple of minutes to thicken.
3. Put the oil in a large frying pan on a medium high heat. When the oil is hot, drop heaped desert spoonsful of the vegetable mix into the pan, keeping a space between each one. Press them down gently to flatten the tops, then leave to cook for 2-3mins – don't touch them whilst they cook on this first side – it's important they crisp nicely so they stick together. Turn carefully with a spatula or fish slice and cook for a further 2-3mins until crisp and golden on each side. Remove to a plate covered in kitchen roll and repeat with any remaining mix. Add a little more oil if the pan is dry.
4. Serve immediately whilst still warm.



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