



Ham and rice fritters

A great way to use up leftover rice. Tasty as a family lunch or dinner. Save leftovers for the lunchbox or an on-the-go breakfast the next day.



Time to prepare: 10 minutes



Time to cook: 10 minutes



Serves 8

Ingredients

- 1 1/2 cups self-raising flour
- 1 cup cooked rice
- 2 carrots, grated
- 1 cup frozen corn
- 1 cup frozen peas
- 2 cups chopped ham
- 4 teaspoons wholegrain or dijon mustard

- 2 pinches ground black pepper
- 4 eggs, beaten
- 2 cups low-fat milk

Method

1. Place flour, cooked rice, grated carrot, frozen peas, frozen corn, ham, mustard and black pepper in a bowl.
2. Pour in eggs and milk. Stir to combine.
3. Heat a non-stick fry pan and add a little oil. Then, working in batches, drop heaped tablespoons of batter into the pan. Cook over a medium heat for two to three minutes until golden brown. Then turn over and cook on the other side until golden brown.
4. Repeat with remaining batter, adding more oil during cooking as necessary.
5. Serve hot with wholegrain mustard or relish and low-fat sour cream.

Notes

Keep fritters warm by placing for a short while on a heatproof dish in an oven heated to 160 degrees.

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