



## Three ingredient corn fritters

**Super-easy! These will soon become a family favourite after school snack.**



Time to prepare: 5 minutes



Time to cook: 10 minutes



Serves 4



Suitable for vegetarians

### Ingredients

- 1 can (400 grams) creamed corn
- 1 egg
- 1 cup self-raising flour

## Method

1. Mix all the ingredients together. Take care and do not over mix as this will toughen the fritters.
2. Heat a heavy bottomed or non-stick fry pan over a medium heat. Add a little oil or margarine.
3. Add spoonfuls of mixture and cook until bubbles appear on the surface. Flip and cook the other side until golden brown. Turn down the heat a little if the fritters cook too quickly and start to burn.

## Notes

Try serving with a spicy dipping sauce - mix together 1/4 cup sweet chilli sauce with 1/2 cup low-fat sour cream. \*Thanks to Te Korowai Hauora o Hauraki for this recipe and photo.\*

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## Corn chowder

**A great winter lunch or evening meal idea, this quick and easy chowder can be whipped up in under half an hour! Kids will love the sweet corn flavour too.**

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## Kūmara frittata

**A tasty breakfast or lunch idea using the classic Kiwi vegetable - kūmara. Make the night before and you are ready to go in the morning.**

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