



# SWEETCORN SPACE SAUCERS Fritters

## INGREDIENTS

50g frozen sweetcorn  
50g plain wholemeal flour  
25g cornmeal  
2 tablespoons chopped coriander,  
plus extra to serve

½ teaspoon Cajun spice (optional)  
2 spring onions, finely chopped  
1 egg, separated  
75ml whole milk



## METHOD

1. Preheat the oven to 190°C/375°F/Gas Mark 5. Line a baking sheet with baking parchment.
2. Cook the sweetcorn in a saucepan of boiling water for 3 minutes. Drain well.
3. Place the flour, cornmeal, coriander + Cajun spice (if using) in a large bowl. Add the sweetcorn, spring onions, egg yolk + milk + mix to a thick paste.
4. Whisk the egg white in a thoroughly clean, grease-free bowl until it forms peaks, then gently stir it into the sweetcorn mixture. Place 6 spoonfuls of the mixture on the prepared baking sheet, spaced well apart.
5. Bake the pancakes in the oven for 8 minutes. Using a fish slice, carefully turn the pancakes over + return to the oven for a further 4–5 minutes until cooked through. Serve warm, sprinkled with extra coriander.

