THE HEALTH BOOST

happy healthy living

Pea and sweetcorn fritters

As you know, at The Health Boost, we are passionate about encouraging the whole family to eat real food together. This recipe is tasty, only takes a few minutes to make and will be loved by all, from toddlers to grown-ups and everyone in between. It is a great vegetarian or meat free day option that you can spice up with extra chilli!

INGREDIENTS

Makes 8 fritters

300g frozen sweetcorn, thawed
100g frozen peas, thawed
Handful fresh coriander, finely chopped
1 small onion, peeled and finely chopped
3 eggs, lightly beaten
175g oat flour (naturally gluten free)
1tsp baking powder
Olive oil
Salt and freshly ground black pepper
1tsp chilli flakes (optional)

METHOD

Prep time: 20 mins
Cooking time: 15 mins

- In a large mixing bowl, add the peas, sweetcorn, chopped onion and coriander and mix together.

- In a food processor bowl, combine the flour, baking powder and eggs.
- Add about 3/4 of the vegetable mix into the food processor and whizz until well combined.
- Now add the rest of the vegetables and season with salt and pepper and fold everything together.
- Add chilli flakes (if using).
- Heat about 2 tablespoon of olive oil in a frying pan.
- Add heaped tablespoons of the batter to form fritters and fry gently until brown on both sides (about 1-2 minutes each side).
- Repeat to make more fritters.

THE HEALTH BOOST TIP!

These fritters are a perfect finger food for the whole family that you will want to make ahead for a school trip lunch box, an impromptu picnic or as a vegetarian option for a summer barbecue.
They are nutritionally balance, good carbohydrates, protein and fibres and delicious served hot or cold with a colourful salad and homemade guacamole.

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