

ASPARAGUS & SWEETCORN FRITTERS

A healthy recipe by THE HEALTH BOOST



INGREDIENTS

MAKES 8-10

- 1 1/2 cups self-raising GF flour or oat flour
- 1/2 tsp baking powder
- 2 eggs, lightly beaten
- 1 1/4 cups milk
- 1 bunch asparagus, trimmed, roughly chopped
- 310g can sweet corn, drained
- 1 bunch parsley, chopped
- 50g mint, roughly chopped
- 120g emmental cheese or other hard cheese, grated
- Olive oil

To serve:

- Sour cream or minted greek yoghurt
- Smoked salmon
- Extra asparagus
- Rocket leaves

METHOD

TOTAL TIME 20 MINS

1. Sift flour and baking powder into a large bowl and make a well in the centre.
2. Add egg and milk. Whisk until batter is smooth.
3. Fold chopped asparagus, corn, chopped parsley, half the mint and cheese into batter. Season with salt and pepper.
4. Add a little olive oil to a hot frying pan. Using 1 heaped tablespoon batter per fritter, spoon batter onto pan, spreading each fritter a little. Leave enough room between each so they don't stick together.
5. Cook fritters, in batches, for 3 to 4 minutes each side or until firm to touch.
6. I serve with minted greek yoghurt, rocket leaves, extra asparagus and add a protein source such as poached eggs or smoked salmon.
7. They are also a great side for a BBQ



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