

SWEETCORN & SPINACH FRITTERS



QUICK

15 mins

HEALTHY

Spinach is high in Vitamin K which is important for maintaining bone health and blood clotting

FAMILY

Makes 18

MEALS

Serve with lemon & garlic yoghurt

INGREDIENTS

- 300g sweetcorn
- 100g spinach
- 2 spring onions
- 2 eggs
- 3 tbs milk (non dairy milk is fine)
- 60g wholemeal flour
- 1 tbs ground flaxseeds
- ½ tsp baking powder
- 1 tsp salt and 8 grinds pepper
- 50 ml oil for frying

Optional

- 2 tbs natural yoghurt
- 1 lemon – juice and zest
- 1 garlic clove minced

METHOD

- 1) Put the sweetcorn into a large bowl
- 2) Chop spring onion - add
- 3) Chop spinach – add
- 4) Add the milk, eggs and S&P – Mix well
- 5) Put the oil into a large frying pan and start to heat it...
- 6) Into the veggie bowl, add the flour, flaxseeds and baking powder and **mix well**
- 7) Put 1 tbs mixture in to the hot oil – repeat till pan full
- 8) Cook fritters for 3-4 minutes each side or until golden brown.
- 9) Drain on kitchen roll
- 10) Serve hot and enjoy

Optional

Make lemon garlic yoghurt by mixing all of the yoghurt ingredients together in a bowl



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com