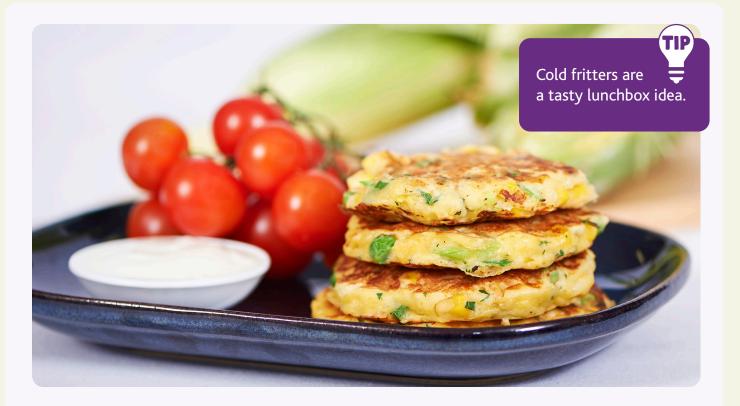
K-Pow Fritters

Makes 24







Ingredients

4 eggs
400g tin creamed corn
400g tin corn kernels
3 spring onions
Handful of parsley
100g reduced fat cheese
2/3 cup self-raising flour
½ cup frozen peas
Pepper
Spray oil



Equipment

Bowl
Can opener
Whisk or fork
Chopping board
Knife
Grater
Measuring cups
Mixing spoon
Frypan
Spatula

How to make it



1. Crack eggs into bowl. Add creamed corn and whisk together.



2. Drain corn kernels. Chop spring onions and parsley. Grate cheese.



3. Add corn, spring onions, parsley, cheese, flour, peas and pepper to bowl. Mix to combine.



4. Spray frypan with oil and turn to medium heat. Add spoonfuls of mixture into frypan, leaving space between each one.



5. Cook for 2-4 minutes each side until browned and cooked through. Repeat with remaining mixture.

