

VEGAN SWEETCORN FRITTERS

Jay Halford

 Makes 8 Portions

 Total Time: 25min

 Prep: 15min

 Cooking: 10min

 Storage: 3 days

Ingredients:

- 1 x can tinned sweetcorn drained and rinsed
- 80g of chick pea flour
- 2 flaxseed eggs
- 3 x spring onions
- 1 x clove garlic
- 1 x red pepper
- 1/2 teaspoon of mild chilli powder
- 20g of nutritional yeast flakes
- 10g of gluten free baking powder
- 200ml of almond milk
- 10ml of cold pressed rapeseed oil for cooking
- A pinch of Himalayan pink salt
- A pinch of ground black pepper

Equipment needed: Chopping board, Chef's knife, Blender, Mixing bowl, Spoons, Whisk

Method:

Have the flaxseed eggs pre made and ready to go when you being making the sweet corn fritters

Drain and rinse the tin of sweetcorn

Add the sweetcorn to the mixing bowl

Finely dice the red pepper and add it into mixing bowl.

Finely slice the spring onions

Mince the garlic add to mixing bowl with spring onions

Add in the flaxseed eggs and chickpea flour, mix it well to combine it

Add the baking powder, nutritional yeast, chili powder and whisk in the almond milk to achieve a batter consistency.

Season well with salt and pepper

Add half of the mix to a blender, reserve the other half in the mixing bowl, then mix both of the consistencies together back in the mixing bowl

Give the mix ten minutes to thicken slightly before starting to cook.

Use a good quality non stick frying pan

Get the frying pan on a high heat, add some cold pressed rapeseed oil and using a metal ring or cutter to keep its shape, add 3 tablespoons of the batter mixture to the pan.

Cook for 2 minutes on each side before adding to a preheated oven at 180 degrees for 10 minutes to crisp up and finish cooking throughout

Serve with guacamole and tomato and mango salsa.

Additions

Serve your fritters with tomato salsa, guacamole, or parsnip crisps.