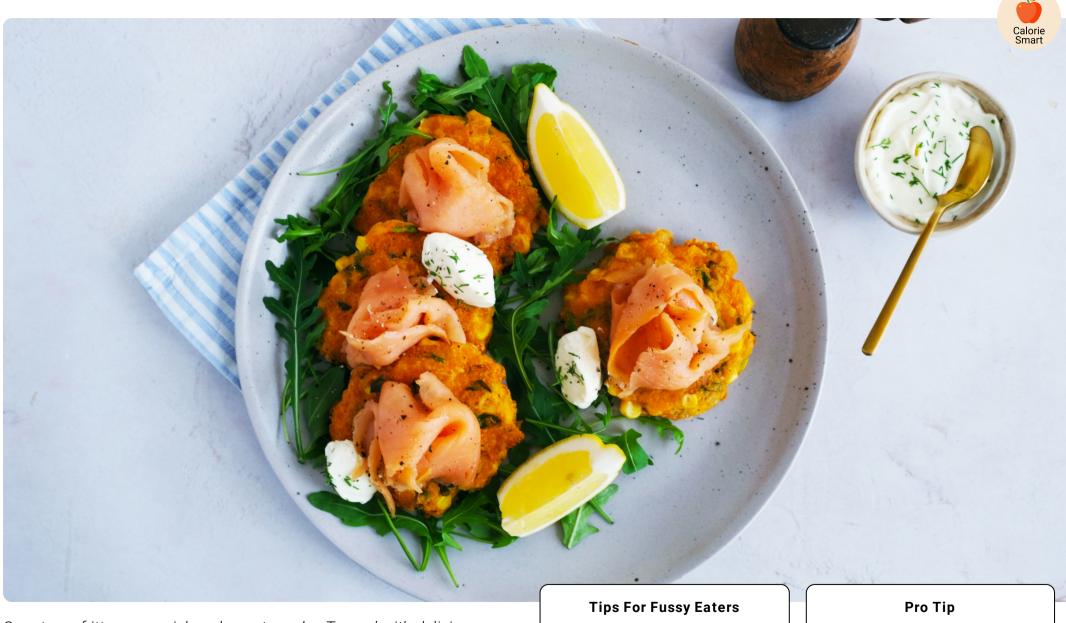
# **Corn Fritters with Smoked Salmon**

Sour Cream and Lemon



Sweetcorn fritters are quick and easy to make. Topped with delicious smoked salmon, these will be a real hit.

Cooking Time: 30 min

Cals 608 | Prot 41 | Carbs 39 | Fat 31

Go easy on the lemon.

Got fritters leftover? Reheat them in the oven at 200°C/180°C for 8-10 min.

# Ingredients For 2 For 3 For 4 Corn fritter Smoked Salmon Slices 200 300 400 Sweet part kernels 145 200 200

Smoked Salmon Slices	200	300	400	Grams
Sweet corn kernels	145	290	290	Grams
Spring onion	40	60	60	Grams
Cheddar cheese	100	150	150	Grams
Plain flour	50	100	100	Grams
Smoked paprika powder	2	4	4	Grams
Salt	0.5	1	1	Tsp
Baking powder	5	10	10	Grams
Eggs	1	2	2	Piece
Water	50	100	100	ML
Vegetable oil	2	2	2	Tbsp
Black pepper	0.5	1	1	Tsp
Side				
Lemon	1	2	2	Piece
Fresh dill	15	15	15	Grams

60

40

90

80







## 1 Prep fritter

Drain the **corn**. Finely chop the **spring onion**. Grate the **cheddar cheese**. In a large bowl, combine the **flour**, **smoked paprika**, **salt**, and **baking powder**.



Add the corn, spring onion, eggs, measured water and cheddar cheese to the flour and mix until a thick batter forms. Set aside.

3 Prep

Slice the **lemon** into wedges. Finely chop the **dill**.





## 4 Fry

Heat a non-stick pan over a medium heat with a generous drizzle of **vegetable oil**. Once hot, scoop 1 heaped tbsp of the **batter** into the pan. Gently spread the mixture into a flat circular shape. Repeat until the mixture runs out. Fry the **fritters** for 3 min on each side or until golden brown and crispy on both sides. (Avoid overcrowding the pan, use multiple pans or fry in batches)

### 5 Serve

Slice the salmon. Top the corn fritters with the smoked salmon slices and a dollop of sour cream Garnish with the fresh dill. Serve the rocket to the side. Squeeze the lemon over the salmon. Season with black pepper.



Sour cream

Rocket

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120

80

Grams

Grams