



## Ingredients:

Serves 10

- 1 ½ cups frozen sweet corn
- 4 spring onions, sliced
- 1 small capsicum, seeded and chopped
- ¼ cup parsley and chives
- Pinch of pepper
- 1 tbsp sweet chilli sauce
- 2 eggs, beaten
- ½ cup reduced fat milk
- 1 cup wholemeal self raising flour
- 1 tbsp vegetable oil

## Method

1. Combine corn, spring onions, capsicum, parsley (and/or chives), pepper, sweet chilli sauce, eggs and milk in a large mixing bowl
  2. Stir in the wholemeal flour
  3. Heat a frying pan with 1 tbsp oil and cook the mixture in about ¼ cupfuls, using more oil if required
  4. Cook until brown on both sides and serve
- These fritters can be prepared earlier and frozen if required.*

## This recipe provides:

- 1/3 serve of **Cereals**
- 1/3 serve of **Vegetables**

## Notes:

This recipe is a great way to serve lots of vegetables without the kids realising it! Try using soy milk for children needing lactose/dairy free diets. You can also increase the serves of vegetables by serving the fritters with a green salad!

If you want to get the children involved, they can measure the ingredients and stir the mixture.