

Potato and Sweetcorn Fritters

These mildly spiced fritters are a quick and easy store-cupboard snack, which can be eaten hot or cold. Different types of potatoes or root vegetables can be used according to your taste.



Egg and Milk*

Nutritional information per portion (264g):

Energy	Fat	Saturates	Sugars	Salt
1550kJ 367kcal 18%	10g 15%	3.2g 16%	3.1g 3%	0.29g 5%

of an adult's reference intake.
Typical values per 100g: energy 587kJ/139kcal.

Equipment

Weighing scales
Can opener
Colander
Potato peeler
Grater (with large and small sections)
Large bowl
Chopping board
Knife / Scissors
Small bowl
Fork
Measuring spoons
Spatula
Frying pan
Tray for cooked fritters
Kitchen foil
15ml spoon

Ingredients

Serves 4 to 6
4 medium potatoes
(approx. 800g unpeeled)
4 spring onions
2 x 198g cans sweetcorn
(or 330g frozen)
2 eggs
50g parmesan style hard
cheese (suitable for
vegetarians)
1 x ½ 5ml spoon paprika
1 x 5ml spoon ground
coriander (optional)
½ x 5ml spoon turmeric
(optional)
150g plain flour
Black pepper (optional)
15ml spoon vegetable oil
for frying

*Presence of allergens can vary by brand
– always check product labels. If you
serve food outside the home you must
make allergen information available
when asked.



Top Tips

- Delicious served with guacamole or Barbeque Tomato Sauce.
- Allow to cool and eat cold as a healthy snack.

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Method

1. Wash the potatoes and spring onions, open the cans of sweetcorn and drain.
2. Peel and grate the potatoes.
3. Squeeze the excess moisture from the grated potato and put the potato into a large bowl.
4. Peel and top and tail the spring onion, finely slice and add to the large bowl.
5. Break the eggs, one at a time, into a small bowl and mix with a fork. Add to the large bowl.
6. Finely grate the cheese and add to the large bowl.
7. Pour the drained sweetcorn into the large bowl.
8. Add the paprika, cumin, coriander, tumeric, flour and black pepper (if using) to the large bowl and mix well using a spatula.
9. Using your hands, shape the mixture into balls (it should make about approximately 12).
10. Add the oil to the frying pan, carefully add the potato balls and press them flat with the fish slice. Leave them to cook for approximately 5 minutes on a medium heat before trying to turn them.
11. Turn the fritters and cook the other side for 5 minutes. The cooking time will depend on the size of the fritter but they should be golden brown on both sides.
12. Remove from the pan and keep warm under foil while you continue cooking (if necessary).

Something to try next time

- Wash the potatoes but leave the peel on them to get the goodness from the fibre in the skin.
- Experiment with different flavours. Swap the paprika, coriander, cumin and turmeric for 1 x tsp dried chilli flakes, a handful of chopped coriander and the zest of a lime.
- Use sweet potatoes for a sweeter flavour or use a combination of white and sweet potatoes.
- You could make one large fritter and cut into slices when cooked.

Prepare now, eat later

- Make up the potato mixture in advance and keep covered in the fridge for up to 24 hours.
- Shape in advance or when ready to cook – chilling may help the fritters hold their shape when cooking.
- Once cooked, fritters can be cooled and refrigerated for 48 hours or wrapped and kept in the freezer for up to 1 month.

Skills used include:

Washing, peeling, grating, chopping, mixing, shaping, frying.