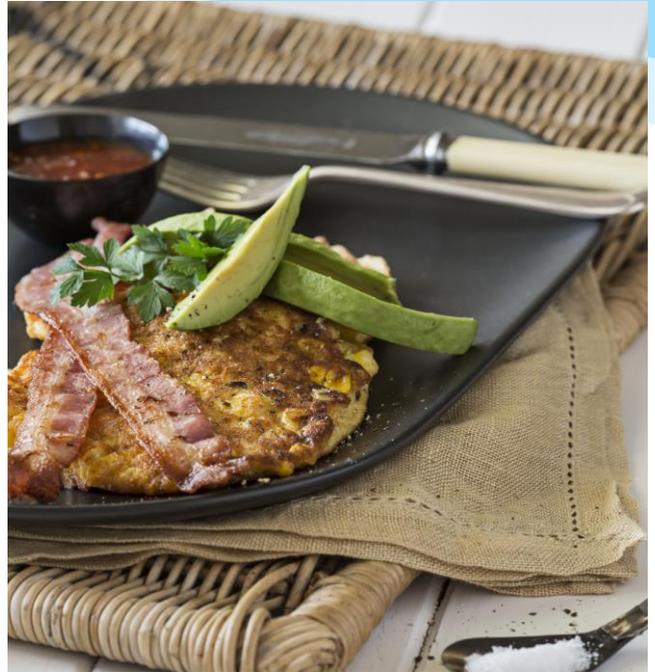


# Sweetcorn Fritters

**Makes 10 Delicious Fritters**

## Ingredients

2 large eggs, separated  
1 x 300 g tin creamed sweetcorn, gluten free  
¼ cup ground cornmeal flour  
¼ tsp baking powder, gluten free  
1 tsp salt  
Plenty of freshly ground black pepper  
1 cup whole corn kernels cut off the cob, or use tinned  
2 spring onions, finely chopped  
Oil for cooking



## Method

1. Place the egg yolks, creamed sweetcorn, cornmeal flour, baking powder, salt and pepper in a mixing bowl and mix to combine.
2. Add the whole kernel corn and spring onions. Mix.
3. Fold these through the corn mixture.
4. Heat a large frying pan over medium heat.
5. Add oil and, when hot, spoon fritters in to the pan and cook until bubbles appear on the surface and the bottoms are golden brown.
6. Flip over and cook the other side.
7. Keep warm in the oven while you cook the rest.
8. Serve with a spicy, gluten free chutney or gluten free chilli sauce, along with sliced avocado and bacon.

**Recipe provided by Sally Holland [www.goodbyegluten.co.nz](http://www.goodbyegluten.co.nz)**