

# Corn Fritters with Salsa

Traffic light category: **Green**

Serves: 16

## Ingredients

### Fritters

- 420g can corn kernels, drained, rinsed
- ½ cup plain flour
- 2 eggs, lightly beaten
- 1 tablespoon fresh chives, finely chopped
- 2 spring onions, finely sliced
- Canola spray

### Salsa

- ½ red capsicum, finely chopped
- ½ red onion, finely chopped
- 1 tablespoon fresh coriander, chopped
- 1 tablespoon lemon juice
- 1 tablespoon sweet chilli sauce

## Method

1. Combine corn, flour, eggs, chives and onions in a bowl
2. Heat a large, non-stick frying pan over medium heat. Spray with canola oil
3. Drop 1 large tablespoon of mixture into pan for each fritter, cook for 4 minutes each side or until golden and cooked through
4. Transfer to a plate lined with paper towel
5. Repeat with remaining mixture
6. Combine capsicum, onion, coriander, lemon juice and sweet chilli sauce in a small bowl, stir gently until combined
7. Serve fritters with desired amount of salsa.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	260.5kJ	436.4kJ
Protein	2.4g	4.1g
Total fat	1.3g	2.2g
Saturated fat	>0.2g	>0.4g
Carbohydrate	9.2g	15.5g
Sugars	1.9g	3.3g
Dietary fibre	1.4g	2.4g
Sodium	104.4mg	175mg

Source: Maida Vale Primary School



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