

KUMARA AND CORN FRITTERS

HEALTHY



 Makes 8

 Prep Time 10 minutes

 Cook Time 10 minutes



INGREDIENTS

- 410 g can **Wattie's Cream Style Corn**
- 2 tsp finely chopped fresh ginger
- 2 Tbsp chopped fresh herbs (thyme or chives are great here)
- ½ cup self-raising flour
- ¼ cup milk

METHOD

1. In a bowl mix together the **Wattie's Cream Style Corn**, ginger, herbs, self raising flour, milk, mashed kumara and egg yolk.
2. In a clean bowl beat the egg white until stiff. Fold the egg white and kumara into the mixture.

- ½ cup roughly mashed cooked cold kumara
- 1 egg, separated
- butter or oil for pan frying

3. Heat a little butter or oil in a non-stick frying pan (the butter helps to crisp the outside) and cook large spoonfuls over a low to moderate heat for about 3 minutes each side.

Serve with crispy grilled rashers of bacon, grilled tomatoes and a drizzle of golden syrup.