

## Veggie Fritters

**Serves:** 6 (makes 12)

**Prep time:** 10 minutes

**Cook time:** 15 minutes

 1 ½ serves per portion

### Ingredients

400g can corn kernels, drained  
½ cup red capsicum, diced  
½ cup green peas, frozen  
1 cup cheddar cheese, reduced fat  
1 egg  
½ cup ham, lean cut, diced  
1 medium onion, diced  
3 sprigs parsley, finely chopped  
2 tablespoons powdered skim milk  
½ cup flour, self-raising  
Extra virgin olive oil

### Method

PLACE corn, capsicum, and peas into a bowl.

ADD all remaining ingredients except flour and mix well.

ADD flour and fold to combine. When the mixture sticks to the spoon it is the right consistency.

HEAT frying pan over medium heat and add a drizzle of olive oil once hot.

DROP a few spoonful's of mixture into the pan and flip once bubbles appear on the surface of the fritters. Cook for a further 1-2 minutes on the other side, or until golden brown.

REPEAT with the remaining mixture.



Everyday Food

*Recipe courtesy of the Country Kitchens team*