



Cafe & Deli

Recipe of the Week

SWEETCORN FRITTERS WITH GREEN SALSA & FETA

Freshly picked corn is great but tinned would work fine

Ingredients

½ cup flour
¼ cup instant polenta
½ teasp baking powder
1 teasp ground cumin
½ teasp smoked paprika
½ teasp salt
2 eggs
100ml milk
400g can black beans, drained & rinsed
2 cobs fresh sweetcorn, kernels cut off
1 clove garlic, crushed
3 red chillies, deseeded, finely chopped
2 tabs olive oil
80g feta, crumbled
Hot sauce to serve (optional)

Method

1. Combine flour, polenta, baking powder, cumin paprika and salt in a bowl. Make a well in the centre.
2. Mix together the eggs and milk then pour into the well, along with the beans, corn kernels, garlic and chilli. Stir to combine.
3. Heat some of the olive oil in a frying pan over a medium heat. Fry spoonfuls of the mix, in batches, for 3 minutes each side or until golden, adding more oil as you need it. You should get 8 -10 fritters.
4. Scatter with feta and serve with salsa and hot sauce.

Green Salsa (next page)

Green Salsa

Combine $\frac{1}{4}$ of a small cucumber, deseeded and finely chopped, with $\frac{1}{4}$ cup each of finely chopped mint, coriander and flat-leafed parsley, 3 finely chopped spring onions, the juice of 1 lime, 1 teasp sugar and $\frac{1}{4}$ teasp salt in a bowl. Stir in 2 tabs olive oil. Taste and add more salt if necessary.