

Corn Frizzlers

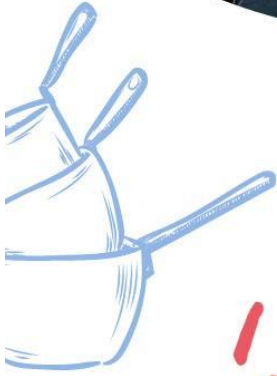
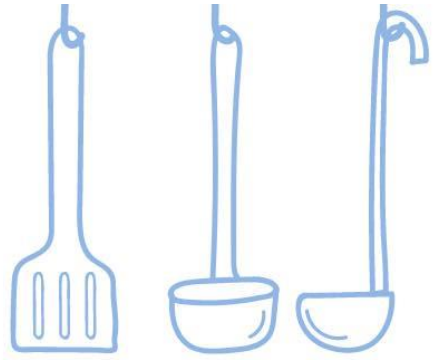


The
Super Yummy
Kitchen

Charwell's Charwell's

**EAT THEM
TO DEFEAT THEM**







**SWEETCORN,
IT'S TIME
TO FACE
THE HEAT!**

Ingredients

Serves 4

180g plain or wholemeal flour

1 ½ tsp baking powder

½ tsp bicarbonate of soda

4 eggs

250ml semi skimmed milk

2 spring onions, sliced

½ red chilli, de-seeded and sliced (optional)

1 tsp curry powder

Handful of fresh coriander, roughly chopped (optional)

350g sweetcorn (frozen + defrosted, or tinned + drained)

1 large sweet potato, grated

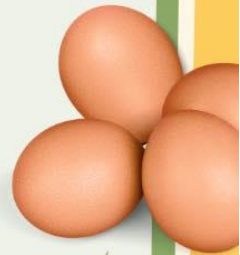
To make the dip:

250g low fat plain Greek or natural yogurt

Handful of fresh mint, finely chopped

Black pepper, to taste

(or just use reduced sugar & salt ketchup)





Method

REMEMBER! → *Get a grown up to help you!*

Mix the flour, baking powder and bicarbonate of soda in a bowl.

**SWEETCORN,
IT'S TIME
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THE HEAT!**

Pour in the eggs and milk, and whisk to combine to a smooth batter.

Stir in the rest of the ingredients.

Fry the frizzlers, a couple of tablespoons at a time, in a hot pan with a tablespoon of oil, set over a medium heat for about 2-3 mins either side, or until golden and cooked through. Add another teaspoon of oil as required to avoid sticking or burning.

Mix the dip ingredients and serve with the Corn Frizzlers!

