

SWEETCORN FRITTERS

Serves 8

Ingredients:

- 9.8 oz. organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup buckwheat flour
- ¾ cup cold water
- 4 tsp. coconut oil



Directions:

1. Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.
2. Next, add in the flour and water and mix well until smooth.
3. Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan is hot, ladle in the mixture. Cook the fritters in two batches of 4, or divide the oil accordingly if your pan is not big enough (½ tsp. of oil per 1 fritter).
4. Cook for about 2-3 minutes on each side until browned.
5. Great served with a side of avocado and chili yogurt.

