

SWEETCORN FRITTERS, MANGO SALSA, PAN FRIED LITTLE GEM

INGREDIENTS

1 RED ONION	1 LIME
HANDFUL CORIANDER	1 MANGO
1 300G TIN OF SWEETCORN	1 RED CHILLI
100G SELF RAISING FLOUR	2 LITTLE GEMS
TEASPOON PAPRIKA	2 TEASPOONS CHILLI JAM

HOW TO MAKE

- HEAT THE OVEN TO 200 DEGREES/180 DEGREES FAN/GAS MARK 6
- FINELY CHOP THE RED ONION AND CORIANDER.
- IN A LARGE MIXING BOWL ADD THE SWEETCORN (NO NEED TO DRAIN) WITH THE PAPRIKA, HALF THE RED ONION AND HALF THE CORIANDER. STIR THROUGH THE FLOUR AND THOROUGHLY MIX.
YOU ARE LOOKING FOR A THICK BATTER CONSISTENCY THAT ROLLS OFF YOUR SPOON. ADD MORE WATER IF IT NEEDS LOOSENING UP. SEASON WITH SALT AND PEPPER.
- HEAT TWO TABLESPOONS OF OIL IN A LARGE FRYING PAN ON A MEDIUM HEAT. SPOON TWO TABLESPOONS OF THE CORN BATTER FOR EACH FRITTER. USING THE BACK OF THE SPOON SPREAD THE BATTER SO THAT ITS ABOUT 1CM THICK. FRY FOR 2-3 MINS EACH SIDE UNTIL GOLDEN.
- THEN PUT ALL FRIED FRITTERS TO A BAKING TRAY AND PUT THEM IN THE OVEN FOR 5-6 MINUTES
- WASH THE LITTLE GEM AND REMOVE THE END OF THE ROOT. USING THE SAME PAN FRY THE LETTUCES FACE DOWN FOR 2-3 MINUTES, THEY SHOULD CHARR A LITTLE

TO MAKE THE SALSA

PEEL AND CUT THE MANGO INTO 2CM CHUNKS. FINELY CHOP THE CHILLI.
IN A SMALL BOWL COMBINE THE MANGO WITH THE REMAINING CORIANDER AND RED ONION.
ZEST THE LIME AND SQUEEZE IN THE JUICE, SEASON WITH SALT.

TAKE THE FRITTERS OUT OF THE OVEN AND SERVE WITH THE LITTLE GEM AND THE SALSA

ENJOY!

SERVINGS 2

NUTRITIONAL INFO

CALORIES KCAL 723 | FAT 16G | CARBS 109G | PROTEIN 28G