



More Than Food
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Sweetcorn Fritters with Avocado and Tomato Salad

At the Fresh Farm, we learn new things about food all the time. We hope our recipes do this for you too! Have you heard of gram flour? It's made from ground chickpeas and it's very popular in India, Pakistan and Bangladesh. It's a rich, tasty alternative to normal wheat flour and works well with savoury recipes. Enjoy!



25 mins



veggie



healthy



gluten free



spicy



Red Chilli (1 tsp)



Spring Onion (2)



Coriander (3 tbsp)



Lime (½)



Organic Sweetcorn (½ tin)



Gram Flour (½ cup)



Cherry Tomatoes (1 punnet)



Avocado (1)



Feta Cheese (1 block)



Seville Orange and Honey Dressing (2 tbsp)



Pumpkin Seeds (1 tbsp)

Ingredients

2 PEOPLE ALLERGENS

Red Chilli, chopped	1 tsp	
Spring Onion, sliced	2	
Coriander, chopped	3 tbsp	
Lime	½	
Organic Sweetcorn	½ tin	
Gram Flour	½ cup	
Cherry Tomatoes, quartered	1 punnet	
Avocado, chopped	1	
Feta Cheese	1 block	Milk
Seville Orange & Honey Dressing	2 tbsp	
Pumpkin Seeds	1 tbsp	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Every corn on the cob has an even number of rows ... how cool is that!

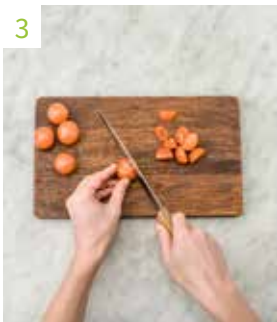
Nutrition per serving: Calories: 585 kcal | Protein: 21 g | Carbs: 33 g | Fat: 40 g | Saturated Fat: 14 g



1 Finely chop the **chilli** (if you like things hot, you can use more than specified!). Cut the **spring onions** in half lengthways, then slice them as finely as your knife skills allow. Roughly chop the **coriander**, zest half the **lime** and drain the **sweetcorn**. Add all to a bowl and squeeze in the juice of half the **lime**. Mix the **gram flour** with ¼ tsp of **salt** and a good grind of **pepper** and add this to your bowl.



2 Give everything a good stir before adding 50ml of **water** and stirring everything together again. Leave to the side for a few mins while you make the salad.



3 Chop the **cherry tomatoes** into quarters. Cut lengthways into the **avocado** and move your knife around the stone in the middle. Twist the two halves and pull them apart. **Tip:** *To remove the stone you can chop down onto it with your knife and if your knife is sharp it'll stick into the stone and make it easy to pull out.* Slip a spoon around the edge of the **avocado** to pop the **avocado** out of its skin. Once you've done that chop it into 2cm chunks.



4 Put the **tomatoes** and **avocado** in a bowl, crumble over the **feta cheese**, drizzle over the **seville orange & honey dressing** and add in the **pumpkin seeds**. Toss together.

5 Put 3 tbsp of **oil** in a frying pan on medium-high heat. Once your pan is hot, spoon in separate heaped tablespoons of the batter (we made four fritters in total but you can make smaller or bigger ones if you wish!) and cook for 5 mins, before turning over to cook for 3-4 mins on the other side.

Tip: *Watch out for any spitting oil and add some more oil to your pan if it gets a bit dry.* Once cooked, remove to a plate covered in kitchen paper (to soak up the oil). If you have more batter, then repeat the process.

6 Serve your **sweetcorn** fritters with your salad on the side and enjoy!