

Sweetcorn and onion fritters

Ingredients (serves 20)

For the fritters

- 2 small cans of sweetcorn (330g /11 3/4oz)
- 1 garlic clove, peeled, crushed
- A small handful of fresh coriander leaves, roughly chopped
- 70g (2 ½oz) buckwheat flour
- 70g (2 ½oz) cornflour
- 1 medium white onion peeled, finely chopped
- 2 tbsp light olive oil
- 115ml (4fl oz) water
- ¼ tsp chilli flakes
- a pinch of salt
- a pinch of black pepper
- 2 large white onions, peeled, sliced into rings

For the Yoghurt Drizzle

- 75ml (3fl oz) plain yoghurt
- Juice of ½ a lime
- 30g (1oz) fresh coriander, roughly chopped
- a pinch of black pepper

Method

1. Slice two white onions into rings and set aside. Mix together all the yoghurt drizzle ingredients in a bowl.
2. Place all of the fritter ingredients apart from the onion rings, into a large mixing bowl and mix until fully combined, like a batter.
3. In a large flat pan, on low-medium, heat up 2 tbsp light olive oil.
4. Place the onion rings into the pan and add in some of the sweetcorn mixture, making sure to keep in the onion ring to prevent the batter spilling out.
5. Cook for 15 minutes or until golden brown, making sure to turn them over regularly for an even cook.
6. Serve warm with a drizzle of coriander yoghurt.