

# K-Pow Fritters



Cold fritters are a tasty lunchbox idea.

MAKES  
24

## Ingredients

4 eggs  
400g tin creamed corn  
400g tin corn kernels  
3 spring onions  
Handful of parsley  
100g reduced fat cheese  
 $\frac{2}{3}$  cup self-raising flour  
 $\frac{1}{2}$  cup frozen peas  
Pepper  
Spray oil



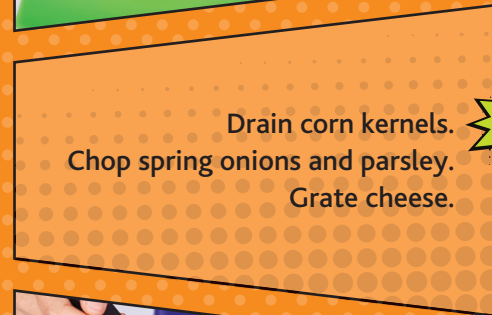
## Equipment

Bowl, can opener, whisk or fork, chopping board, knife, grater, measuring cups, mixing spoon, frypan, spatula



1.

Crack eggs into bowl.  
Add creamed corn and whisk together.



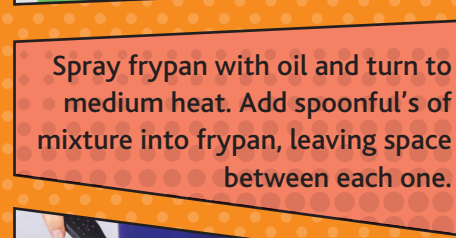
2.

Drain corn kernels.  
Chop spring onions and parsley.  
Grate cheese.



3.

Add corn, spring onions,  
parsley, cheese, flour, peas  
and pepper to bowl.  
Mix to combine.



4.

Spray frypan with oil and turn to  
medium heat. Add spoonful's of  
mixture into frypan, leaving space  
between each one.



5.

Cook for 2-4 minutes each side  
until browned and cooked through.  
Repeat with remaining mixture.

