

Sweetcorn fritters with avocado dip



You will need

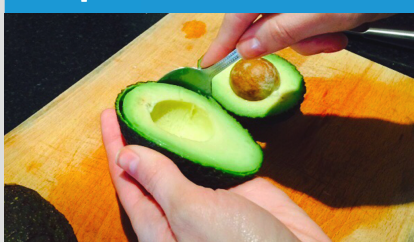
- ✓ 110g self-raising flour
- ✓ 2 eggs
- ✓ 30ml of milk
- ✓ 2 fresh sweetcorn (frozen or tinned works too)
- ✓ 2 ripe avocados
- ✓ 1 lime

Introduction

Give this delicious and healthy meal a go! Recipe makes 10-12 fritters. Don't forget to take a picture and send it to us at bluepeter@bbc.co.uk

Instructions

Step 1



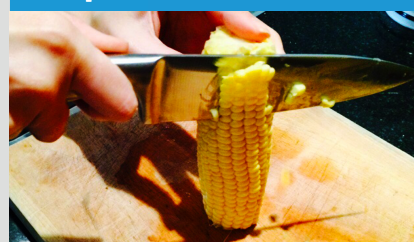
With an adult's help, peel the skin off the avocados, take the stones out and chop the flesh into medium-sized pieces.

Step 2



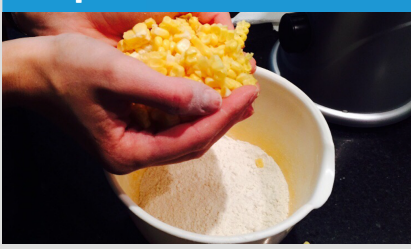
Ask an adult to help you put the avocado in a blender with the juice of your lime and some salt and pepper. Your avocado dip is done!

Step 3



Remove the kernels (little pieces) from the sweetcorn and place them in a bowl.

Step 4



Crack one of the eggs into a mixing bowl and beat it. Add the flour, sweetcorn kernels and milk, and combine until it's all mixed in.

Step 5



Take your second egg and separate the white from the yolk by passing the yolk back and forth from one half of the shell to the other.

Step 6



Then whisk the egg white until it is foamy and fold it into the mixture. You don't need the yolk from this egg.

Step 7



Your fritters are ready to cook! Spoon dollops of the mixture into a frying pan on a medium heat with a little oil. Be careful not to use too much in each fritter, and make sure you ask an adult to help as this is the hottest part!

Step 8



They're ready when they are golden brown on both sides, like in the picture. This should take a couple of minutes on each side.

Step 9



You're all done, nice one! Serve the fritters with some of the dip – and maybe a little salad if you fancy.