



## Sweet Corn and Sweet Potato fritters pohlmans.com.au/videos/

## **Ingredients**

- 2 Gourmet Vegies Sweet Corn cobs, cobbed
- 1 Gourmet Vegies Sweet Potato, grated
- ½ cup brown onion, diced
- 2 tablespoons lemon juice
- 2 garlic cloves, crushed
- ½ cup parmesan cheese, grated
- ½ teaspoon cayenne pepper

- 1 egg
- 1 cup plain flour
- 1 avocado sliced, to serve
- 1 cup Gourmet Vegies Cherry tomato mix, halved, to serve
- ½ cup crème fraiche, to serve
- pinch of salt and cracked pepper
- olive oil

## **Method**

- 1. Place a medium saucepan on high heat bringing water to the boil. Place the Gourmet Vegies Sweet Corn into the boiling water, until kernels are tender. Drain.
- 2. Grate Gourmet Vegies Sweet Potato into a large bowl, adding freshly cobbed corn kernels.
- 3. Add lemon juice, garlic, onion, salt, cayenne pepper and egg into the bowl. Combine.
- 4. Add parmesan cheese, and flour. Combine well.
- 5. Place a large fry pan on medium heat, drizzle with olive oil.
- 6. Once heated, place heaped spoonful's of the mixture into the fry pan. Turning when golden and crispy on either side.
- 7. Stack fritters on a serving plate, topping with a dollop of crème fraiche, halved Gourmet Vegies Cherry Tomatoes and slices of avocado.