



## Did you know?

People at work desire a greater variety of healthy and fresh foods.

A heavy workload and temptations around the office often prevent staff from eating healthy food.

Making small changes can make a big difference to the way you feel.

See what happens when you do at [goodfoodingreenwich.org/sugar-smart](http://goodfoodingreenwich.org/sugar-smart)



# Sweetcorn Fritters



## Ingredients

Large can sweetcorn in water  
3 spring onions finely chopped  
6 jalapeño slices from a jar  
3 free-range eggs  
30ml milk

Freshly ground black pepper  
75g plain flour  
1/2 teaspoon cayenne pepper  
Vegetable oil, for frying

## Method

1. Put the sweetcorn and spring onions in a bowl. Beat the eggs with the milk. Pour this mixture over the sweetcorn and mix well, season. Sieve the flour with the cayenne pepper and stir into the sweetcorn mixture.
2. Add the oil to a large frying pan – you need to shallow fry these, so make sure the base of the pan is well covered.
3. When the oil is very hot, use a small ladle to drop batter onto the oil – use around 2 tbsp of mixture per fritter.
4. Fry for a couple of minutes on one side until light brown then turn over and cook for a further two minutes.
5. Turn out onto kitchen paper to remove any excess oil. Continue until you have used all the batter.