



WHATSheATE



Sweetcorn fritters with slow-cooked tomatoes



Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



679 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 large plum tomatoes ripe halved
- ☐ 1 pinch sugar
- ☐ 4 servings cup heavy whipping cream (see bottom of page)
- ☐ 450 g regular corn fresh frozen canned drained (defrosted) ()
- ☐ 175 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 2 egg yolk beaten
- ☐ 125 ml milk

- ☐ 25 g butter melted
- ☐ 2 spring onion finely chopped
- ☐ 0.5 to 5 chillies diced red deseeded finely
- ☐ 0.5 juice of lime
- ☐ 25 g feta cheese crumbled
- ☐ 1 tbsp basil chopped
- ☐ 4 servings olive oil for frying
- ☐ 200 g olives black chopped
- ☐ 4 large handfuls arugula
- ☐ 4 servings olive oil
- ☐ 1 tablespoon juice of lime

Equipment

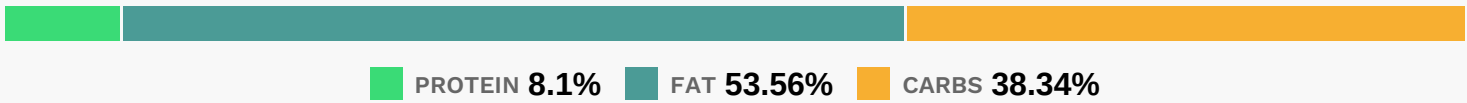
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Heat oven to 150C/130C fan/gas
- ☐ Season the tomatoes, add a pinch of sugar and roast for about 40 mins. This will concentrate all their natural sweetness and flavour.
- ☐ If using fresh corn, peel away the husks, cut the kernels off with a knife, then cook in boiling water for 4–5 mins.
- ☐ Drain. Sift the flour and baking powder into a bowl, making a well in the centre.
- ☐ Add the eggs, yolks and half the milk. Beat until smooth, then gradually whisk in the remaining milk and butter. Fold in the corn, spring onions, chilli, lime juice, feta and herbs. Season, bearing in mind the feta is a little salty.

- ☐ Heat and lightly oil a heavy-based frying pan. Drop 2–3 heaped tbsp of the mixture into the pan and fry over a medium heat for about 3 mins each side, or until golden brown and cooked through.
- ☐ Transfer to the oven and repeat with the remaining batter makes about 1
- ☐ They will keep well like this for a few hours, if you want to make them ahead.
- ☐ For the salad, mix the olives, herbs and rocket together.
- ☐ Drizzle with oil and lime juice.
- ☐ Serve the fritters with the salad, tomato halves and avocado cream.

Nutrition Facts



Properties

Glycemic Index:156.15, Glycemic Load:38.23, Inflammation Score:-9, Nutrition Score:26.816086893496%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg, Kaempferol: 7.14mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 678.67kcal (33.93%), Fat: 42.18g (64.89%), Saturated Fat: 12.62g (78.9%), Carbohydrates: 67.93g (22.64%), Net Carbohydrates: 60.67g (22.06%), Sugar: 11.21g (12.46%), Cholesterol: 137.02mg (45.67%), Sodium: 1048.02mg (45.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.71%), Vitamin K: 61.52µg (58.59%), Vitamin A: 2526.92IU (50.54%), Vitamin C: 33.76mg (40.93%), Folate: 163.67µg (40.92%), Vitamin E: 5.68mg (37.89%), Vitamin B1: 0.56mg (37.22%), Manganese: 0.7mg (35.21%), Selenium: 22.75µg (32.5%), Phosphorus: 299.28mg (29.93%), Vitamin B2: 0.51mg (29.75%), Fiber: 7.27g (29.06%), Vitamin B3: 5.44mg (27.22%), Calcium: 247.39mg (24.74%), Iron: 4.05mg (22.51%), Potassium: 733.55mg (20.96%), Vitamin B6: 0.4mg (20.03%), Magnesium: 75.1mg (18.77%), Vitamin B5: 1.79mg (17.87%), Copper: 0.28mg (13.98%), Zinc: 1.89mg (12.62%), Vitamin B12: 0.49µg (8.16%), Vitamin D: 1.11µg (7.37%)