



Sweetcorn Fritters with Mango Salsa

Mangoes are a taste of summer – If you can't get hold of fresh ones the recipe works just as well with tinned or frozen. Make the Salsa first to let flavours can infuse and so that you can serve it straight away with your fritters. Gram flour is made from chickpeas and is naturally gluten free.

Ingredients:

Salsa

1 medium mango
2 spring onions
1 fresh chilli
1 lime
10g fresh mint or ½ tsp. mint sauce

Fritters

1 small onion
 1 medium courgette
 300g tin sweetcorn
75g Gram Flour
 ½ tsp chilli powder (optional)
2 tbsp milk / water
 2 tbsp oil

Equipment:

Sharp Knife
 Chopping Board
 Mixing bowls
 Whisk
 Grater
 Frying Pan
 Spatula

Instructions:

1. Cut the mango into small cubes, finely slice the spring onions with a knife or scissors, finely chop the chilli. Leave the seeds if you like it hotter or take them out for a milder salsa
2. Combine the chopped ingredients in a bowl. Finely chop the mint and add or stir in the mint sauce.
3. Grate the zest of the lime into the bowl and squeeze in the juice. Leave at room temperature until ready to serve
4. Coarsely grate the courgette. Use your hands to squeeze out any excess water over a sieve or colander
5. Finely chop the onion and drain the sweetcorn.
6. Weigh the gram flour and place in a bowl with the chili powder, stir to combine.
7. Make a well in the flour, add the milk or water. Whisk to a smooth batter, add the vegetables.
8. Heat a frying pan with the oil. Spoon dessertspoons of the mixture in the pan. Cook for about 4 minutes on each side until golden.
9. Serve straight away with the mango salsa

Skills used:
 Measuring, chopping, grating, frying and serving

ALLERGENS HIGHLIGHTED IN BOLD