



Vegetable fritters

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These are a mouth-watering way of including vegetables in anyone's diet. They're a real hit, and could be used for any occasion.

Ingredients:

- 1 carrot, grated
- 1 cup leek, green and white portions chopped finely
- ½ red capsicum, diced
- 125g can corn kernels, drained
- 1 onion, diced
- 1 cup flour
- ½ tsp baking powder
- ½ tsp salt
- 1 cup milk
- ¼ cup freshly chopped parsley
- 2 eggs
- 2 Tbsp olive oil

Directions:

Sift dry ingredients into a large bowl. Mix the eggs and milk in a small bowl. Make a well in the centre of the dry ingredients and pour in the egg and milk mix, and vegetables and fold in to form a batter.

Heat oil in a frying pan on a medium heat (too hot and the fritters will not cook evenly). Scoop out the mixture and place carefully into the fry pan. Turn when the batter forms bubbles on the surface or it is golden brown underneath. Cook until fritters are firm to the touch.

Serve warm with salsa, sweet chilli sauce or soy sauce, a lettuce salad and your favourite lean cut of meat, or with salsa as an entree.

Cook's tip:

Add in your own favourite vegetables. Could be a great way to use those left-over vegetables that you have sitting in your fridge.