



HEALTHYFOOD  
STUDIO

# BITE-SIZED BABY MALLOW AND CORN *fritters*

## INGREDIENTS

1½ cup	Baby marrows, coarsely grated
1½ cup	Sweet corn kernels, cut from the cob
2	Sprigs parsley, finely chopped
½	Spring onions, finely chopped
2	Large eggs
½ cup	Self-raising flour
5ml	Canola oil, for frying

## METHOD

- 01 Combine all the ingredients in a bowl and mix well.
- 02 In non-stick frying pan on medium heat spoon a large tablespoon of vegetable batter.
- 03 Turn the fritters when they are slightly golden at the bottom and the mixture has firmed up in the pan.
- 04 Serve with yoghurt as a light snack.