

Corn, Potato & Cabbage Fritters

Ingredients:

2 cloves garlic, peeled and crushed (use mortar & pestle)

1 brown onion, peeled and finely diced (chopped really small)

2 large potatoes, peeled & grated

1 cabbage, washed, sliced thinly & roughly chopped

1 tin corn kernels, roughly mashed

2 eggs

½ cup plain flour (or gluten free plain flour)

2 teaspoons of salt & pepper

¼ cup parsley, chopped small

Oil for cooking

Method:

- Combine all prepared ingredients, except for oil, in a large bowl and mix well. If mixture is too wet add a little more flour.
- Form mixture into small balls and flatten (count how many people we need to feed in the class).
- Heat up oil in a large fry pan and carefully place fritters in and cook until golden on both sides. This will need to be done in batches.
- Once cooked, serve onto 4 plates.