



CRISPY SWEET CORN & PRAWN FRITTERS

A different and delicious way to eat our favourite seafood!



EASY



10 MINS



10 MINS



4

Ingredients

- 150g frozen prawns
- 2 egg whites
- 1/2tsp salt
- 1tsp sesame oil
- 3 cups frozen corn
- 1tsp coriander, chopped
- 2tsp spring onions, chopped
- 25g rice flour
- 25g wholemeal plain flour
- extra virgin olive oil for cooking

Instructions

1. In a food processor, add the prawns, egg white, salt, sesame oil, 1 cup of corn and pulse to a smooth paste. Transfer into a large mixing bowl, add the coriander, spring onion, rice flour, wholemeal plain flour and the rest of the corn and mix gently into a thick batter.
2. Heat a large frying pan over medium high heat. Add enough olive oil to coat the base. When the oil is hot, drop a tablespoon of batter and cook until golden brown and cooked through. Transfer to a paper towel lined plate or rack. Repeat until all the batter is finished.