

# COURGETTE, CORN & FETA FRITTERS

## Courgette Corn and Feta fritters:

- 400gm courgettes, trimmed and grated
- 1/2 teaspoon salt
- 200gm canned corn kernels, drained
- 4 spring onions, sliced
- 125gm feta cheese, crumbled
- 2 Tablespoon flat leaf parsley, finely chopped
- 1 Tablespoon mint, finely chopped
- 2 Large eggs, lightly beaten
- 2 Tablespoon Milk
- 75gm self raising flour
- Salt and freshly ground pepper
- Olive oil to fry
- Lemon Wedges to garnish

Sprinkle the courgette with the salt and place in a colander. After around 20mins the salt will have drawn out the moisture from the courgettes - at this point, squeeze all the excess liquid out and place on absorbent paper to drain.

Add the remaining ingredients along with the courgette to a bowl and mix together until you have a thick batter. Add a little more milk if need be.

Heat olive oil in a medium non stick fry pan and drop tablespoons of the mixture into the pan and cook for 2 minutes on each side or until golden and cooked through. Serve immediately with lemon wedges.

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