

# Corn, Spinach & Haloumi Fritters



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Amber	Everyday	Amber	Green	Green	Green	Green	Amber

**PREP/COOKING TIME: 25 MINUTES**

**BASED ON: 6 SERVES**

## INGREDIENTS

	SERVES 6	SERVES 12	SERVES 24
Olive oil	1 tbsp	2 tbsp	4 tbsp
Baby Spinach leaves (fresh or frozen)	100g	200g	400g
Green/Spring Onions, thinly sliced	2	4	8
Corn kernels, frozen or canned & drained	3/4 cup	1.5 cups	3 cups
Wholemeal plain flour	1 cup	2 cups	4 cups
Self-raising flour	1/3 cup	2/3 cup	1 1/3 cups
Skim milk	1/2 cup	1 cup	2 cups
Eggs, lightly beaten	2	4	8
Haloumi, grated	100g	200g	400g
Light tasty cheese, shredded	1/2 cup	1 cup	2 cups
Any cooking oil	60ml	120ml	240ml
Yoghurt, reduced fat	1/2 cup	1 cup	2 cups
Mint, finely shredded (optional)	1/4 cup	1/2 cup	1 cup

## METHOD

1. Heat olive oil in a large frying pan. Add green onions and cook, stirring for 1 minute.
2. Add spinach and cook, stirring, for 2 minutes or until spinach wilts. Stir in corn. Remove from the heat. Cool.
3. Meanwhile, combine the flours into a medium bowl. Make a well in the centre. Mix milk and eggs together in a jug. Add egg mixture to the flour. Mix until smooth.
4. Stir the haloumi, tasty cheese and cooled spinach mixture in the batter until combined.
5. Heat 1 tablespoon of cooking oil in a large frying pan over medium heat. Using 1/4 cup mixture per fritter, cook 4 fritters for 2-3 minutes each side or until golden and cooked through.
6. Transfer fritters to a plate lined with baking paper or foil, loosely cover plate to keep warm. Repeat with remaining oil and batter to make 12 fritters.
7. Combine yoghurt and mint (optional) in a small bowl. Serve fritters warm or cold with mint yoghurt.