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Sweetcorn fritters with tomato and pepper salsa

Ingredients

For the salsa: Serves 4
3 ripe tomatoes Half a red chilli
Half a small green pepper
Half a small red onion
1 clove of garlic
A few sprigs of coriander
Half a lime
A teaspoon of olive oil
Salt and black pepper
To make the salsa, chop the tomatoes into small dice and place in a bowl. Peel the onion, deseed the pepper and the chilli and chop all three finely then add to the tomato. Chop and add the coriander leaves. Add the garlic, peeled and crushed, the juice of half a lime and the olive oil and then mix and season to taste. Cover with clingfilm and leave in the fridge to chill.
For the fritters: makes about 18 small fritters.
Ingredients:
3 spring onions
Half a small red chilli [optional]
A few sprigs of coriander [optional]
3 large eggs
Salt and black pepper
1 tablespoon of olive oil
Half a lemon
250g full fat cottage cheese
35g plain flour
1 fat clove of garlic
285g can of sweetcorn
Sunflower oil

Preparation

1. 1. Finely chop the spring onions. Deseed and finely chop the chilli, if using
2. if you don't want the chilli heat, you could use a little chopped red pepper instead. Chop the coriander leaves, if using, or parsley leaves if you prefer milder flavour. 2. Beat the eggs. Season well with salt and pepper then add the olive oil and lemon juice and whisk together. Combine with the cottage cheese, sprinkle in the flour and blend to make a thick, smooth mixture.
3. 3. Drain and rinse the sweetcorn and stir into the mixture, together with the peeled and crushed garlic. Stir in the prepared spring onions, chilli and coriander. [If your mixture is too thin, add a little more flour. If it is too thick, just add a splash of milk.]
4. 4. Heat 2 tablespoons of sunflower oil in a large frying pan and drop a heaped tablespoon of batter into the hot fat to make each fritter. Cook for just a minute or two until golden brown then carefully flip the fritters over
5. keep watching, they cook quite quickly! Lift the fritters onto kitchen towel on a plate and keep warm in a low oven whilst you cook more batches. You will need to add a little more sunflower oil to cook each batch.

Cooks Note

These tasty fritters are quick to make, really tasty, and so versatile! Serve them as a snack with mayonnaise, mango chutney or sweet chilli sauce, or as a starter with a tangy salsa. Children will love them for a fast weekday meal with chips, beans and tomato ketchup, or serve them as a simple vegetarian lunch or main meal with a fresh dressed salad and

crunchy potato wedges.