

Posted on 20 May 2019

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Vegan Sweetcorn and Courgette Fritters



Ingredients

1/2 courgette
Handful of tinned sweetcorn
2tbsp gram flour (chickpea flour)
Handful of rocket
Olive oil
Salt and pepper
Servings
1
Person

Preparation

1. Grab a bowl and grate the courgette into it, then throw in the sweetcorn and gram flour and season with salt and pepper.
2. Stir everything together until the mixture has a thick batter consistency.
3. Pan-fry dollops of the mixture in a splash of olive oil over a medium heat, for a couple of minutes on each side, until golden brown (the mixture should make about four fritters), then serve with some rocket leaves.

Cooks Note

“Brunch is served!” says cookbook writer, Miguel Barclay. “If you’re ever stuck for vegan brunch inspiration, just give these a go.”

Miguel Barclay’s Vegan One Pound Meals: Delicious Budget-friendly Plant-based Recipes All For £1(AED4.68) Per Person by Miguel Barclay, photography by Dan Jones, is published by Headline Home, priced £16.99(AED79.45). Available now.