Home / Eat Well / Recipes

Quick and easy corn and courgette fritters

makes 12-15

Babiche Martens

By **Angela Casley** Food writer for Viva

VIEW PROFILE

Nothing beats a good fritter. Here courgettes are combined with crunchy fresh corn and a generous handful of coriander.

Ingredients —		
3	Courgettes, grated (Main)	
⅓ tsp	Salt	
2	Corn cobs, cooked (Main)	
3	Garlic cloves, crushed	
½ cup	Grated parmesan cheese	
2 tsp	Paprika	
1 cup	Chopped coriander	
½ cup	Chopped parsley	
4	Eggs	
1/4 cup	Self raising flour	
½ tsp	Freshly ground black pepper	
1 dash	Oil, for cooking	
1 punnet	Creme fraiche, to serve	

Directions

- 1. Place the grated courgette into a fine sieve. Sprinkle over the salt and massage through. Allow to sit for 20 minutes then squeeze out any liquid.
- 2. Slice the corn from the cobs and place into a large bowl. Add the courgettes, garlic, parmesan, paprika, coriander, parsley, eggs, flour and pepper. Combine well.
- 3. Heat a generous dollop of oil in a frying pan to a medium heat. Place large tablespoons of mixture into the pan and cook for 4 minutes each side. Place on a baking tray and into the oven to keep warm while you cook the remainder.
- 4. Serve with a dollop of creme fraiche.

- Vietnamese chicken salad
- Seed and nut crackers



Recommended for you Refresh for more $\,\mathcal{C}\,$ Entertainment Lifestyle Katy Perry and Justin Trudeau confirm Earl Spencer's estranged wife and Former Shortland Street actor Kimberley romance with intimate Japan post girlfriend end legal battle Crossman welcomes baby girl after 'magical' birth 09 Dec 01:20 PM 07 Dec 05:35 PM 09 Dec 09:40 AM Premium

New Zealand World New Zealand

Judge tells court-martialled, dismissed soldier Jackie Te Weehi her actions were destructive

10 Dec 06:09 AM

Police name woman killed by own dog, mother reveals earlier warning

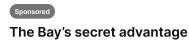
A \$40 parking fine beside a \$30m renovation - St James Theatre owner in court over 'ludicrous' AT stance

06 Dec 03:55 PM

09 Dec 08:00 AM

Paid Promoted Content	
Latest from Recipes	
How to make Christmas	
dinner for four people for less than \$100 A full menu, real supermarket prices and easy swaps to make it feel lavish, not cheap.	Why homemade chips never taste like the ones from the chippie – and how to fix it 21 Nov 11:00 AM

07 Nov 04:00 PM



08 Dec 10:54 AM

Paid Promoted Content

The New Zealand Herald & @ 6 Q x & 0 NZ HERALD SUBSCRIBER SERVICES About NZ Herald NZ Herald e-editions Meet the journalists Daily puzzles & quizzes Newsletters Manage your digital subscription Classifieds Manage your print subscription 🗹 Help & support Subscribe to the NZ Herald newspaper \Box Contact us Subscribe to Herald Premium House rules 🗹 Gift a subscription 🗹 Privacy Policy 2 Subscriber FAQs Terms of use ☑ Subscription terms & conditions 🗹 Competition terms & conditions 🗹 Promotions and subscriber benefits Our use of Al NZME NETWORK NZME The New Zealand Herald About NZME 🗹 NZME careers 🗹 The Northland Age Advertise with NZME 🗹 The Northern Advocate Waikato Herald Digital self-service advertising \square Bay of Plenty Times Book your classified ad Rotorua Daily Post Photo sales Hawke's Bay Today NZME Events 🗹 Whanganui Chronicle Viva NZ Listener Newstalk ZB 🗹 BusinessDesk 🗹

OneRoof 🖸

Driven Car Guide 🗹

iHeart Radio 🗹

Restaurant Hub 🗹

