



Hullfood
PARTNERSHIP
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Scary Sweetcorn, Spinach & Feta Frittlers

INGREDIENTS

- 4 x Raw corn cobs
- 3 x Large handfuls of spinach leaves
- 5 x Spring onions – finely sliced
- 150 – 200g x Feta cheese
- 5 x Large eggs
- 1 x Handful of basil leaves – chopped
- Sea salt and pepper
- Butter
- Optional: 1-2 fresh chillis
finely sliced



Scary Sweetcorn, spinach & Feta Frittlers

1. Slice the scary corn kernels off the cob.
2. Melt 2 tablespoons of butter into a pan and on a medium heat, throw in your scary corn kernels into the sizzzzling pan and cook and season with 'stinging' salt and 'sneezy' pepper for 5 minutes to soften the corn.
3. Chop and add spring onions to the sizzling hot pan and cook for a minute before adding the sinful chopped spinach leaves to the pan. Cook until the leaves are lightly wilted and place the doomed veg into a bowl.
4. In a separate bowl add some feta cheese, eggs, salt and pepper and an (optional chilli)
5. Add the cooled remains of the evil veggies to the rest of the ingredients and give it a good mix.



6. Reheat the pan. Melt one tablespoon of butter, dollop a heaped tablespoon of the mixture into the pan. Cook the fritter mixture on one side then flip it to the other side. Repeat this until the fitter is cooked. You may be able to fit a couple in the pan at one time.
...and there you have, your scary sweetcorn, spinach and feta frittlers!
You can serve these defeated veggies with guacamole and a fresh salad for a nutritious meal.



These evil veggies also taste great cold which are perfect for picnics and packed lunches

