

Cheesy Corn and Zucchini Fritters Poached Eggs and Tomato Relish



Preparation time: 40 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Breakfast Recipes, Lunch Recipes, Vegetarian



Ingredients

- 1 medium zucchini, coarsely shredded
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 cobs corn, kernels cut off
- 1/3 cup yellow polenta

- 1/2 cup wholemeal flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 cup grated parmesan cheese
- 2 large eggs, whisked
- 1/3 cup plain yogurt
- 1/3 cup vegetable oil
- 1 jar tomato relish
- Handful baby rocket leaves

Poached eggs

- 8 large eggs
- 2 tablespoons vinegar

Method

1. Mix the grated zucchini with salt in a bowl. Let stand for 15 minutes then rinse. Wrap zucchini in clean porous kitchen cloth, to squeeze out excess liquid. Set aside
2. Heat oil in a fry pan, add onion and garlic, cook gently until soft, about 4 minutes. Add the corn, cook for a further 4 minutes. Take off the heat and set aside to cool slightly
3. In a large bowl place polenta, flour, salt, baking powder and cheese. Mix well
4. Add cooked vegetables, zucchini, eggs and yogurt to the bowl, mix well
5. Heat oil in a large non-stick fry pan over a medium heat. Measure 1/3 cupful's of the mix into the pan. Cook until fritters are golden, three minutes on each side. Drain on paper towel
6. To serve, place poached eggs onto zucchini fritters along with rocket leaves and tomato relish

Poached eggs

1. Fill a shallow pan with hot water and two tablespoons of white vinegar. Bring to the boil, and then reduce to a simmer
2. Crack the eggs into a little bowl first, and then when water is barely at a simmer, slide the eggs into the saucepan
3. Turn off the heat and cover the pan. Set a timer for 6 minutes
4. After 6 minutes remove eggs with a slotted spoon onto a paper towel to drain excess water

Notes

Prepare the fritter mix first, then cook in batches while eggs are cooking so that everything is served hot.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
439g	3060kj 731kcal	31.9g	43g	9.8g	50.5g	18.2g	1950mg	5.9g

All nutrition values are per serve.