



Corn & Zucchini Fritters with Chilli Guacamole

SERVES: 2 | TOTAL TIME: 20 MINUTES

INGREDIENTS

- 1 zucchini, grated
- ½ cup of corn kernels
- 3 eggs
- ½ cup almond meal
- 1 handful fresh mint
- 1 handful fresh coriander

For the Chilli Guacamole

- 1 avocado
- ½ a lime, zested and juiced
- ½ tsp red chilli flakes

DIRECTIONS

1. Grate zucchini and then squeeze to remove excess liquid. Place squeezed zucchini in a bowl with corn and finely chopped mint and coriander.
2. Whisk eggs in a separate bowl and add to the zucchini mix with almond meal and the zest of the lime. Mix well.
3. Lightly grease a non-stick pan and heat on high. Once heated turn to a low heat and spoon in the mixture making 4 fritters from the mixture. Cook for 5 minutes each side or until browned and cooked through.
4. To make the chilli guacamole, peel the avocado and place the flesh in a bowl. Add the juice of the lime and chilli flakes then mash until smooth.
5. Serve with cooked fritters.