

# Ginger, Coriander, Chilli & Corn Fritters

**Makes 12**

Per serve

6g Protein

1g Carbohydrates

82g Fat



## Ingredients

- 1 Tbsp olive oil + extra to cook the fritters
- 1 Tbsp ginger, grated
- 3 shallots, finely chopped
- 1 red chilli, finely chopped
- 1/2 bunch coriander stems, finely chopped
- 3 stems kale, chopped
- 2 cups frozen corn kernels, thawed
- Salt and pepper, to taste
- 1 1/4 cups water
- 2 eggs
- 2 scoops (60g) [True Protein Vegan85 Natural](#)
- 1 Tbsp chia seeds

## ABOUT:

Colourful, flavourful and macro friendly, these dairy & gluten free fritters are the epitome of quick and easy nutrition!

## Method

1. Pan fry the ginger, shallots and chilli in olive oil for a few minutes until fragrant and soft.
2. Add in the kale and fry for another few minutes until the kale becomes tender and wilted.
3. Add in the corn, salt and pepper and fry for a couple of minutes until the corn is soft. Take off the heat and allow to cool. Once cooled, transfer the mixture to a large bowl.
4. In a medium bowl, whisk together the eggs, water and protein powder until smooth.
5. Add the wet mixture into the corn mixture and stir to combine.
6. Add in the chia seeds and mix until well combined. Allow to thicken for 5 minutes.
7. Add a drizzle of olive oil to a frying pan over medium heat.
8. Once the pan has heated, cook the fritters, making each fritter the size of one heaped tablespoon. Flatten each fritter using a spoon.
9. Cook for a couple of minutes each side, or until the fritter can easily be flipped. Be careful as the mixture is quite loose!
10. Repeat until all of the mixture has been used.
11. Serve with fresh salad and desired condiments and enjoy!