



HAM & SWEETCORN FRITTERS

WITH MANGO SALSA

DIFFICULTY: Easy | SERVES: 4 | READY IN: 40 minutes

These cheesy ham and sweetcorn fritters are super easy to whip up. Top with fruity mango salsa. Perfect for brunch, lunch or dinner, and a great way to use up leftover Christmas ham.



TO SERVE

- 1 mango
- 1 red capsicum
- 1 red onion
- 1 handful fresh coriander *optional*
- 1 bunch asparagus (250g / 8.8oz)
- 2 tsp butter
- 1/2 cup unsweetened Greek yoghurt (125ml)

FRITTERS

- 300g ham (thick slices or whole piece) (10.6oz)
- 150ml milk (5.1 fl.oz)

- 1/4 cup unsweetened Greek yoghurt (60ml)
- 2 eggs
- 1 tsp chicken stock powder
- 1 cup cornmeal flour (120g)
- 1 tsp baking powder
- 1 tsp salt
- 1/4 tsp black pepper
- 400g can whole corn kernels, drained (14oz)
- 1 cup grated tasty cheddar cheese (100g)
- 2 Tbsp rice bran oil, divided

1. PREPARE SERVING INGREDIENTS

Roughly dice mango flesh. Finely dice capsicum and onion. Set aside two thirds of the onion to use in the fritters. Add remaining onion, mango and capsicum to a small bowl and stir to combine. Roughly chop coriander, if using, and stir in.

2. Trim woody ends off asparagus and discard. Place asparagus in a microwave-safe bowl.

3. MAKE FRITTERS

Preheat oven to 100°C (210°F) fan bake and place a rack over an oven tray.

4. Dice ham into chunky pieces. Whisk milk, yoghurt, eggs and chicken stock powder together in a large bowl. Add flour, baking powder, salt and pepper and whisk until smooth. Stir in ham, corn, cheese and the onion set aside in step 1.

5. Heat 1 tablespoon oil in a large frying pan on medium. Scoop 1/4 cup measurements of mixture into pan and cook for 2 minutes each side, until golden brown and cooked through. Place fritters on rack in oven to keep warm while you cook the remaining mixture (adding more oil as required).

6. SERVE

Microwave asparagus for 1 1/2 minutes, until tender. Add butter and toss with a little salt and pepper. Divide fritters between serving plates. Top with salsa, dollop with yoghurt and serve with asparagus on the side.



WINE MATCH: Sparkling wine will go down a treat!

HAM AND SWEETCORN FRITTERS RECIPE NOTES

GLUTEN-FREE OPTION: Make sure ham is gluten-free. Use gluten-free stock powder. Make sure your baking powder is gluten-free.

INGREDIENT SWAPS / NOTES: Cornmeal flour can be swapped for white or brown rice flour (less corn flavour, but lighter texture). Mediterranean or baby rocket is a good substitute for asparagus.

STORING AND REHEATING: Refrigerate fritters, salsa and asparagus separately. Fritters can be warmed in the microwave - quickly pan fry after warming for crispy edges. Asparagus can be microwave or pan fried. Add salsa just before serving.