

Are you ready for a super corny adventure?

CORN FRIZZLERS

YouTube Kids
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Search for SUPER YUMMY KITCHEN



The mighty whisk... mixes stuff together like a master! (If you don't have a whisk just use a fork)



YOU WILL NEED

Tick off the ingredients as you get them

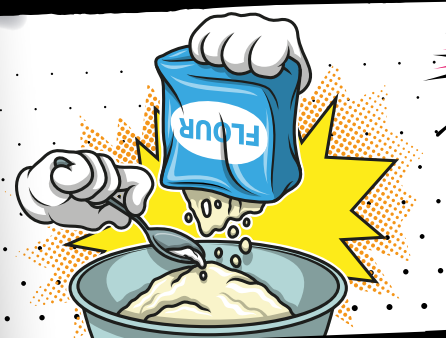
- 180g plain or wholemeal flour
- 1 1/2 tsp baking powder
- 1/2 tsp bicarbonate of soda
- 4 eggs
- 250ml semi-skimmed milk
- 2 spring onions, sliced
- 1/2 red chilli, de-seeded and sliced (optional)
- 1 tsp curry powder
- Handful of fresh coriander, roughly chopped (optional)
- 350g sweetcorn (frozen and defrosted or tinned and drained)
- 1 large sweet potato, grated
- 1 tbsp oil



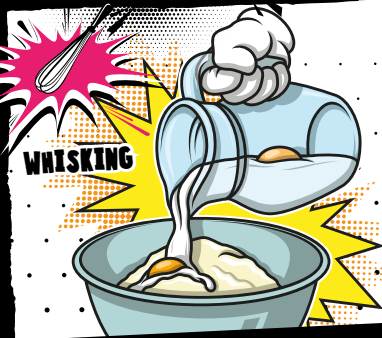
TO MAKE THE DIP

- 250g low fat plain Greek or natural yogurt
- Handful of fresh mint, finely chopped
- Black pepper to taste (Or just use reduced sugar and salt ketchup as a dip.)

KERSPLATTER!



1 Mix the flour and baking powder in a bowl.



2 Pour in the eggs and milk and whisk to combine to a smooth batter.

FRIZZLE FIZZLE



4 Fry the frizzlers a couple of tablespoons at a time in a hot pan with a tablespoon of oil. Cook on a medium heat for about 2-3 minutes each side or until golden and cooked through. Add another teaspoon of oil as required to avoid sticking or burning.



5 Mix the dip ingredients together and serve with the Corn Frizzlers.



6 PLONK your CORN FRIZZLER in the dip, send it to your mouth and KERCHOMP down on it!



3 Stir in the rest of the ingredients.



Give your frizzlers extra frizz by adding these veg:

- GRATED BEETROOT
- SLICED PEPPERS
- GRATED COURGETTE
- PEAS
- GREENS

KIDS IN THE KITCHEN

- Older kids can help grate the sweet potato and fry the fritters when they are confident enough.
- Younger kids can make the fritter batter and dip by themselves by mixing, pouring and stirring everything together.
- They can tear the coriander with their hands or scissors.



EAT THEM TO DEFEAT THEM