

Vegan Kale and Sweet Corn Fritters

Equipment:	Ingredients:
Measuring cups and spoons Large bowl Large frying pan Chopping board Large knife Egg flip Wooden spoon	2 cups finely shredded kale ½ cup mint leaves ½ cup parsley ½ cup rice flour ½ cup polenta 1 cup gluten free plain flour 2 tablespoons egg replacement (dry) 1 and ½ cups of coconut cream 2 cups sweet corn kernels ½ tsp of salt ½ tsp of black pepper Rice bran oil

What to do:

1. Wash kale, mint and parsley. Pick the leaves of the stems then roll into a tight bundle. Carefully cut these ingredients until they are finely shredded. Place in a large bowl.
2. In the same bowl add all the other ingredients, except the rice bran oil. Mix well until it is a fairly thick batter. You may need to adjust the consistency with gluten free flour or coconut cream.
3. Heat two frypans up with 2 tablespoon of rice bran oil in each. Cook approximately 6 fritters in each pan. They should have a diameter of about 5cm, although please take into account that you will need to make one per person. Cook each side until they are lovely and golden. Continue cooking until all the fritter mixture is used up.
4. Serve with tongs. There should be one plate of fritters per table.