

# Sweet corn Cakes with Poached Eggs & Salsa



**Serves 4**

**Prep 30 mins**

**Cooking 30 mins**

**Easy**

## Ingredients

460g roasted red peppers, chopped  
1 shallot finely diced  
1 small handful parsley, finely chopped  
juice 1 lime

### For the sweet corn cakes

300g cottage cheese  
3 large eggs  
340g frozen sweet corn, cooked  
300g plain flour  
½ tsp smoked paprika  
1 tsp cumin  
½ tsp Bicarbonate of soda,  
Sunflower oil for frying

### To serve

4 eggs  
2 avocados, peeled & sliced  
80g bag salad leaves  
2 limes, quartered

1. First, make the salsa by mixing together all the ingredients. Season and put in the fridge while you make the sweet corn cakes.
2. For the cakes, put the cottage cheese and eggs in a large mixing bowl, whisk together until smooth, then stir in the sweet corn, and parsley. Fold the flour, spices and bicarbonate into the batter and season.
3. Heat 1 tsp sunflower oil in a non-stick frying pan. When the oil is hot, spoon 3 tbsp of the batter mixture into the pan for each cake – you should be able to cook 3 cakes at a time. Fry for 3-4 mins until golden brown on the underside, then flip over and cook for another 3-4 mins or until golden and cooked through. Repeat until all the batter is used up, putting the cooked cakes in a low oven to keep warm while you fry each batch.
4. Bring a large pan of water to the boil, then turn down until barely boiling. Crack one egg at a time into a small bowl, then gently slide into the water. Cook the eggs for about 4 mins until the whites are firm but the yolks are still runny, then remove from the water with a slotted spoon.
5. To serve, divide the cakes between 4 plates, then top each stack with some slices of avocado and a poached egg. Season the eggs with black pepper, then scatter over the salad leaves. Serve with the salsa and lime wedges on the side.