

# Sweetcorn and Ricotta Fritters



**Serves 4**

**Prep 15 mins**

**Cooking 30 mins**

**Easy**

## Ingredients

300g cherry tomatoes on the vine  
olive oil  
150g ricotta  
1 tsp paprika  
150ml whole milk  
2 eggs  
100g plain flour

1 tsp baking powder  
1 tsp sea salt  
340g frozen sweetcorn, cooked & drained  
2 spring onions, finely chopped  
1/2 avocado  
2 tbsp low-fat natural yoghurt

1. Heat the oven to 200C/ Fan 180/ Gas 4. Make sure you have cooked and drained the sweetcorn beforehand. Put the cherry tomatoes on a baking tray, drizzle with olive oil and scatter over the paprika and some seasoning. Roast in the oven for 15 mins.
2. Put the ricotta, milk and eggs into a bowl and whisk together. Tip in the plain flour, baking powder and salt, and mix well until combined. Stir through the sweetcorn and spring onions.
3. Blitz the avocado and yoghurt in a food processor until smooth, adding enough water to make a drizzle-able consistency.
4. Put some oil in a large frying pan and spoon 1 heaped tbsp of the sweetcorn mixture. Cook, in batches, for 3 - 4 mins each side until golden and puffed. Keep warm in a low oven while you fry the rest. The mixture makes 16 fritters.
5. Serve 3 - 4 fritters with roasted tomatoes and drizzle with the avocado sauce.