CORN AND FENNEL FRITTERS

Ingredients

1 small piece Wombok, shredded
2 spring onions, sliced fine
¾ cup frozen corn, thawed under hot water
1 carrot, peeled and grated
2 baby Florence Fennels, shredded
1 handful parsley, chopped
1/3 cup oil
1 tsp veg stock powder
3 eggs, whisked in jug
Approx 1 cup SR Flour or corn flour for NS and PK
Salt and pepper

Prepare all vegetables in a large bowl.
Add veg stock powder, salt and pepper.
Combine with hands and squeeze vegetable mix a little to encourage the juices out.
Add wet ingredients and mix again with hands.
Measure flour and sprinkle in a little at a time, sprinkle, mix, sprinkle, mix.
Taste mixture for seasoning.
Heat an electric or stove top pan and spray with a little oil.
Spoon blobs of mix into pan to form fritters and cook till golden and sturdy on the underside before turning.