

July 2022



SWEET POTATO & SWEETCORN PANCAKES

PREPERATION TIME:

5 mins

COOKING TIME:

15 mins

SERVES:

4

INGREDIENTS

500g sweet potatoes

1 x 200g tin of sweetcorn in water

150g of self-raising flour

6 free-range eggs

50g feta cheese

olive oil

1 x 220g jar of pickled jalapeños

2 limes

1 ripe avocado

fresh coriander (optional)

A summer brunch of veg-packed pancakes topped with a spicy jalapeño sauce, avocado and feta, that the whole family will enjoy!

METHOD

Preheat the oven to 130°C/250°F/gas ½. Scrub the sweet potatoes, prick with a fork and place in the microwave on high for 10 minutes, or until tender.

Tip the sweetcorn into a large bowl. Add 150g of self-raising flour and crack in 2 of the eggs. Add a pinch of sea salt and black pepper, then whisk to a smooth batter. Break the sweet potatoes into large pieces and add to the batter, then crumble in half the feta and mix to combine.

Place a large non-stick frying pan on a medium heat with 1 tablespoon of olive oil. Spoon 4 heaped tablespoons of the batter into the hot pan, shape into thick fritter-style pancakes, and cook for 2 to 3 minutes on each side, or until golden. Once cooked, transfer to the oven on a baking tray to keep warm while you make the next batch. Keep going until all the batter is used up.

Tip the whole jar of jalapeños and brine into a blender, squeeze in the juice of one lime and blitz until smooth. Peel, destone and roughly chop the avocado and place in a bowl, then dress with a little of the jalapeño sauce and mix well. Place the frying pan back on a medium heat with 1 tablespoon of olive oil, then crack in the remaining eggs and fry to your liking.

Stack the fritters on two plates, top each stack with a fried egg and spoon over the dressed avocado and crumble over the remaining feta. Finish with an extra drizzle of the spicy jalapeño sauce and a wedge of lime, and deliver!