Veggie Fritters

**Ingredients**

1 carrot, peeled and grated

1 small courgette, grated

200ml milk

2 eggs

110g self-raising flour

110g wholemeal flour

200g tin sweetcorn

3 spring onions, chopped

75g cheddar cheese, grated

1 tsp Dijon mustard (optional)

A few tbsp vegetable oil

Salt & pepper

**Utensils**

Large measuring jug, whisk, non-stick frying pan & plastic spatula, cheese grater

**Instructions:**

* Gently cook the courgette and carrot in a little oil in the frying pan until soft
* Whisk the eggs and milk together in a large jug
* Add the flours and the salt, pepper and mustard (if using) and whisk to form a thick batter
* Add the sweetcorn, cheese, spring onions and cooked veg to the batter and mix thoroughly
* Preheat the frying pan over a medium heat with a drizzle of oil
* Drop desert spoonfuls of the batter into the frying pan and cook for a minute or so until you can see bubbles coming up to the surface and the sides of the fritters cooking
* Carefully flip the fritters over and cook for another minute on the other side
* Fritters should be golden brown and cooked through
* Serve warm with some salad and your favourite sauce

**Variations:**

Try with different vegetable combinations and flavours such as courgette, baby peas, sun-dried tomato and feta cheese; or sweetcorn, cauliflower, carrot and onion cooked in curry spices with finely diced cheddar or paneer cheese.