

Haloumi, sweet potato & corn fritters

A cooked breakfast done differently! These fritters are also suitable for a light dinner option, served with fried or poached eggs and a side salad.

Serves: 6 Serve size: 200g

Ingredients

1	medium	onion, diced
2	tbsp	olive oil
2	cloves	garlic, chopped (or 1 tsp minced garlic)
350	g	sweet potato, peeled, finely grated (use a food processor if available)
2	sprigs	parsley, finely chopped
250	g	haloumi cheese, chopped into 2-3cm pieces
1	cup	plain flour
1	tsp	baking powder
½	tsp	salt
40	g	parmesan cheese, grated
1	large	egg
100	g	corn kernels (fresh or canned and drained or frozen)

Easy yoghurt dressing

½	cup	Greek yoghurt
½	medium	lemon (juice only)
½	tsp	garlic, minced

Method

- Heat olive oil in a frying pan, add onion and fry until clear. Add garlic and fry until fragrant. Pour into a large mixing bowl.
- Add grated sweet potato and chopped parsley to the mixing bowl.
- Add remaining ingredients and mix until combined.
- Heat a frying pan (use the same one the onion and garlic was fried in, no need to clean first) and add a good splash of olive oil. Drop heaped tablespoons of mixture into frying pan. Fry on medium heat until golden brown (approximately five minutes on each side).
- Set aside on paper towel once cooked and repeat with remaining mixture.
- To make the easy yoghurt dressing, combine all ingredients in a bowl.
- To serve, place 2-3 fritters on a plate. Top with yoghurt dressing.



Nutrition information

	Per serve	Per 100g
Energy (kJ)	1563	779
Protein (g)	17.8	8.9
Total fat (g)	17.2	8.6
Saturated fat (g)	7.6	3.8
Carbohydrate (g)	34.5	17.2
Sugars (g)	8.0	4.0
Dietary Fibre (g)	3.5	1.7
Sodium (mg)	1600	798
Calcium (mg)	388	194
Phosphorous (mg)	374	187

Variations

- For extra protein, fry an egg for each serve and layer on top of the fritters.
- Add tomato relish with Greek yoghurt on top for a flavour change.
- Swap parsley for dill.

Tips

Fritters are best made fresh but will also make a great snack option for later in the day or packed for a portable snack.