

## Corn Fritter Loaf

**Serves:** 10

**Prep time:** 15 minutes

**Cook time:** 1 hour 10 minutes



½ serve per portion

### Ingredients

1 ¼ cups self-raising flour

1 cup instant polenta

½ teaspoon baking powder

½ cup sour cream, reduced fat

1 cup buttermilk

2 eggs, lightly beaten

4 tablespoons plant-based spread or margarine, melted and cooled

420g can corn kernels, drained

1 red or green capsicum, finely diced

½ cup reduced fat tasty cheese, grated

2 spring onions, thinly sliced

¼ cup fresh coriander, finely chopped

Black pepper, to taste

185g can corn kernels, drained



Everyday Food

### Method

**PREHEAT** oven to 180°C. Lightly grease a loaf tin and line with baking paper, allowing paper to overhang sides.

**WHISK** together flour, polenta and baking powder in a large bowl.

**WHISK** sour cream, buttermilk and eggs in a separate bowl, then slowly whisk in melted spread.

**POUR** wet ingredients into the dry ingredients and mix until just combined.

**ADD** large tin of corn kernels, capsicum, half the cheese, spring onions, and coriander, and fold to just combine. Season with pepper.

**TRANSFER** batter into prepared tin and smooth the top.

**COMBINE** remaining cheese and small tin of corn kernels and press evenly on top.

**BAKE** for 1 hour and 10 minutes or until a skewer inserted in the centre comes out clean.

**STAND** in tin for 10 minutes before transferring to a wire rack to cool completely.

**CUT** into slices and serve with sour cream, avocado slices, sweet chilli sauce and coriander.

*Recipe courtesy of the Country Kitchens team*