

Corn and Zucchini Fritters with Poached Eggs

Try these Corn and Zucchini Fritters with Poached Eggs for a vibrant brunch or light meal that’s both satisfying and full of texture. Crispy fritters topped with perfectly poached eggs and served with fresh greens and relish create a balanced dish that’s ideal for weekend mornings, relaxed lunches or casual entertaining. Easy to prepare and packed with flavour, this recipe brings a fresh twist to classic fritters.

Prep:	20 min
Cooking:	20 min
Serves:	4
Makes:	12

Ingredients

- 1 medium zucchini, coarsely shredded
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 cobs corn, kernels cut off
- ? cup yellow polenta
- ½ cup wholemeal flour
- ½ teaspoon salt
- ½ teaspoon baking powder
- ½ cup grated parmesan cheese
- 2 Pace Farm eggs, beaten
- ? cup plain yogurt
- ? cup vegetable oil
- 1 jar tomato relish
- Handful baby rocket leaves
- 8 Pace Farm eggs

Method

Zucchini Fritters

1. Mix the grated zucchini with salt in a bowl. Let stand for 15 minutes then rinse. Wrap zucchini in clean porous kitchen cloth, to squeeze out excess liquid.
2. Heat oil in a fry pan, add onion and garlic, cook gently until soft, about 4 minutes. Add the corn, cook for a further 4 minutes.
3. In a large bowl place polenta, flour, salt, baking powder and cheese. Mix well.
4. Add cooked vegetables, beaten egg and yogurt to the bowl, mix well.
5. Heat oil in a large non-stick fry pan over a medium heat. Measure out ? cups of the mix into the pan. Cook until fritters are golden, 3 minutes on each side. Drain on paper towel.

Poached Eggs

1. To make poached eggs, fill a shallow pan with hot water and two tablespoons of white vinegar. Bring to the boil, and then reduce to a simmer.
2. Crack the egg into a little bowl first, and then when water is barely at a simmer, slide the eggs into the saucepan. Repeat for remaining eggs.
3. Turn off the heat and cover the pan. Set a timer for 6 minutes.
4. After 6 minutes remove eggs with a slotted spoon onto a paper towel to drain excess water.
5. To serve, place poached eggs onto warm zucchini fritters along with rocket leaves and tomato relish.

Notes

Find more egg lunch ideas here:

- Mushroom omelette
- Sweet potato fritters with boiled eggs
- Mediterranean risoni salad
- Turkish eggs with yoghurt and herb salad

- You can swap out the poached eggs for a fried egg instead.
- If making in bulk, use Pace Farms frozen whole egg or whole egg powder for reduced waste and increased ease.