

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 2 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

If making in bulk, use Pace Farms frozen whole egg or whole egg powder for reduced waste and increased ease.