# Tuna Sweetcorn Fritters

Eight broad fritters, two per light meal with green beans · Active 35 min · Total 55 min

Skills: Managing drained canned ingredients in a thin pan-fried egg batter

## Ingredients

• Canned tuna in water, well drained (7 oz/200 g)

• 1 can plain sweetcorn, about 15 oz/425 g net, drained (240 g drained)

• 2 large eggs

• 2/3 cup all-purpose flour (80 g)

• 1/4 cup milk (60 ml)

• 1/2 teaspoon baking powder (2 g)

• 1/4 teaspoon black pepper (0.5 g)

• 2 tablespoons neutral oil (30 ml), divided for frying

• 1 can plain green beans, about 14 1/2 oz/411 g net, drained (230 g drained)

• 1 teaspoon neutral oil for beans (5 ml)

• 1 tablespoon cider vinegar (15 ml)

## Set out

Two strainers or one rinsed between products, Mixing bowl, Large nonstick skillet and broad turner, Small saucepan, Low oven and heatproof plate for holding first batch, Food thermometer

## Allergens

fish, egg, wheat, milk. Check labels and substitutions.

## Make it

**1.** Heat a holding oven to 200°F/95°C. Drain and measure tuna and corn. Whisk eggs, flour, milk, baking powder and pepper into a smooth thick batter, then fold in tuna flakes and corn. Divide visually into eight equal shares.

**2.** Heat half the frying oil in the skillet over medium heat. Add four equal batter portions, spreading each to about 4 inches/10 cm across and no more than 1/2 inch/1 cm thick. Fry for 4–5 minutes per side until golden and at least 160°F/71°C in the center. Hold on the oven plate.

**3.** Repeat with remaining frying oil and batter, reducing heat if outside browns before the middle sets.

**4.** Meanwhile warm drained green beans in the small pan with their 1 teaspoon oil and vinegar for 3–4 minutes, stirring gently until hot. Serve two fritters per person with one-quarter of the beans.

## Use the whole corn can

Use the full 240 g drained corn in the batter. Keeping part of it back changes how the eight fritters share their vegetable filling.

## Ingredient labels

Tuna supplies fish; eggs, flour and milk supply egg, wheat and milk. Read baking-powder and canned-food labels for additional ingredients.

## A useful detail

Two frying batches are included. Thinner fritters are deliberate; do not make four thick cakes from this batter.

## Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Keep cooked fritters and beans separately. Use uncooked refrigerated batter the same day. Freeze promptly cooled fritters for up to 1 month; thaw in the refrigerator before reheating.