



Italian mini corn frittatas.

Makes 6- 8



Equipment:

- Large container
- Chopping board
- Sharp knife
- Mixing bowl
- Table spoon
- Wooden spoon
- Fork
- Frying pan
- Fish slice

Ingredients:

- 100g self raising flour
- $\frac{1}{2}$ tsp baking powder
- 1 egg -beaten
- 2 tbsp milk
- 325g Tin of **sweet corn** -drained
- 1 **pepper** (Yellow/Green/Orange/Red)
- 1 **chilli** (remember the smaller the chilli the hotter it will be!)
- pre-COOKED: 2 rashers of **Bacon** OR 1 **Chicken pieces**.
- **Olive oil**

Optional extras:

Frittata: Onion / mushroom / $\frac{1}{2}$ bunch of EITHER fresh basil or coriander.

To serve: $\frac{1}{2}$ avocado / 2 fresh tomatoes



1. Using a sharp knife and chopping board slice or dice the **peppers, chillis** and any **optional extras** into 2cm pieces

TOP TIP: Ask an adult to supervise the chopping and be very, very careful!



2. In a mixing bowl put the **flour, baking powder**, make a well in the centre for the **egg** and gradually add the **milk** to make a stiff batter.



3. Fold in the drained **sweet corn, peppers, chillis**, and **optional extras**. Use a wooden spoon to ensure everything is well mixed.

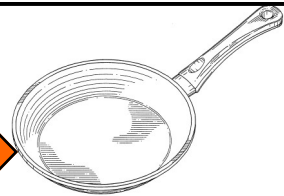


4. Check your mixture isn't too runny, if it is you may need to add a tbs of flour.



5. Re-
frigerate for 20 minutes.

Wash up, dry up and put away and clean down all your work surfaces



6. Oil a griddle or frying pan and place on over a medium heat (number 4-5).

TOP TIP: If the oil smokes -it's TOO hot!

7. Place 2 tbs of the mixture in the pan.

Fry for about 5-8 minutes.

Use a fish slice to turn once, until golden brown.

TOP TIP: Don't "play" with them too much as they will fall apart!!



8. Arrange into stacks garnished with avocado or tomatoes and serve with a bread roll and fruit juice.