

# SWEET CORN CAKES WITH SMASHED AVOCADO

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## What you need

1 ear of corn (about 1 cup)  
1/2 cup plain flour  
1/2 tsp baking powder  
1 egg  
100ml milk, I used 2% fat  
1/2 tsp salt  
2 tbsp grated cheese  
2 tbsp olive oil, for frying

## *Smashed Avocado*

1 large, ripe avocado  
1 small lemon  
1 small roma tomato  
A small wedge of yellow capsicum/  
bell pepper  
(Approx. 3-4 tbsp volume, diced)  
5-6 basil leaves  
1 tbsp olive oil  
Salt and pepper, to taste  
Cayenne pepper (optional)

**Yields** 10 small cakes

**Preparation** 20 minutes

**Cooking** 20 minutes

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## What to do

1. Dice the tomato into a fine dice (5mm cube or so) and place in a bowl. Add some diced yellow capsicum (approximately 1/4 of the amount of tomato). Add some finely chopped basil leaves, along with a dash of olive oil, some salt and pepper. Leave aside to marinate.
2. Scoop out the flesh of the avocado and smash roughly with a fork. Squeeze the juice of one small lemon, and season with salt and pepper, and cayenne pepper if desired. Add the marinated diced tomato and capsicum, draining the liquid so that the avocado mix does not get too watery. Keep in the fridge until serving.
3. Scrape the kernels off of the ear of corn into a large bowl. Add the plain flour, baking powder, egg and half of the milk. Adjust the mixture by adding more or all of the milk until you have a smooth batter similar to pancake batter.
4. Heat 1 tablespoon of olive oil in a pan on medium heat and scoop the batter into the pan. Scoop 2 tablespoons of batter to make 3-4 small cakes in the pan.
5. After a few minutes when bubbles form on the surface, sprinkle some grated cheese and flip the cakes. Fry them on the other side for a few minutes and serve with the avocado.

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## Notes

This recipe makes a really healthy and satisfying brunch meal, or as a yummy appetizer. Fresh corn definitely makes all the difference in this recipe, but frozen or canned corn would work as well. You can omit the cheese if you want an even healthier version. The proportions might have to be adjusted slightly, but I'm sure this would work with wholemeal flour, chickpea flour or corn meal instead of the plain flour.