

## MEXICAN CORN CAKES

SERVES 4 / PREPARE 10 MINS / COOK 10 MINS

### Ingredients

#### INGREDIENTS

400g Red Kidney Beans

1 Medium shallot

175g Sweetcorn, cooked

1 Lime, zest and juice

2 Free range eggs, medium

1 tbsp Tomato sauce or passata

4 tbsp Wholemeal Breadcrumbs

1 tbsp Coriander leaves, picked

Pinch of salt & pepper

2-4 tbsp Rapeseed oil

#### TO SERVE

4-8tbsp Tomato salsa

4-8tbsp Guacamole



### Nutrifacts



**Onions** contain FIBRE to help intestinal transit and PREBIOTICS which feed the beneficial bacterial in your gut.

**Garlic** is high in an important ANTIOXIDANT, VITAMIN C which also supports the immune system.

Laboratory tests indicate that garlic has ANTI-INFLAMMATORY properties and may help modulate the immune system.

**Rapeseed oil** is LOW in SATURATED FAT and HIGH in omega-6 essential fatty acids.

**Red meat** is high in PROTEIN necessary for growth and tissue repair as well as IRON needed to produced energy. Red meat also contains SATURATED FAT which has been linked to cardiovascular disease so consume in moderation and whenever possible choose leaner cuts.

### Instructions

Beat the eggs in a bowl. Peel and quarter your shallot and put in a small food processor. Add the picked coriander leaves and pulse until finely chopped.

Then add the zest of ½ lime, the drained kidney beans, sweetcorn, breadcrumbs, tomato sauce or passata and eggs. Pulse until well combined and turning into a paste but not completely mushy.

Add salt and pepper to taste.

Heat a little rapeseed oil in a frying pan. Fry tablespoonfuls of the mixture for a couple of minutes on each side – until they are lovely and golden.

Serve with guacamole and / or tomato salsa for dipping.

VARIATION: Serve with avocado and mango salsa.