

Ingredients:**Makes 12**

4 ½ cups mashed potato
¾ cup low fat cheese, grated
¾ cup corn kernels (fresh, frozen, tinned)
1 egg
Olive oil spray

Makes 36

13 ½ cups mashed potato
2 ¼ cups low fat cheese, grated
2 ¼ cup corn kernels
3 eggs
Olive oil spray

Equipment:

- Mixing bowl
- Wooden spoon
- Frying pan
- Egg flip

**Method:**

1. Pre cook mash potato using preferred method. Don't add anything to the mixture, and mash well ensuring no lumps
2. In a bowl, mix mashed potato, cheese, corn and egg until well combined
3. Spoon mixture into portions depending on the number serving
4. Heat a non-stick fry-pan over medium heat. Heat oil and fry portions for a few minutes each side until golden brown