

Corn and buttermilk waffles topped with shaved avocado and avo-cream

Ingredients

For the waffles

- 1 cup self-raising flour
- 1 cup finely ground cornmeal/polenta
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 ½ cups fresh or thawed frozen sweetcorn kernels
- 1 spring onion , diced
- 2 large eggs
- 1 cup buttermilk
- 2 tablespoons avocado oil (or olive oil) to brush the waffle iron

For the avo-cream

2 avocados, pitted

1 clove garlic, crushed

1 lime, juice and zest

5-10 splashes sriracha chilli sauce or Tabasco sauce, to taste

For the topping

- 1 avocado, pitted, peeled, and shaved using a veggie peeler
- 1 punnet grape tomatoes, quartered
- poached egg (optional)

Method

1. In a large bowl, whisk together the flour, cornmeal, salt and pepper.
2. Add the sweetcorn and spring onion to the dry ingredients and mix until combined.
3. In a small bowl or measuring cup, whisk together the 2 eggs and milk. Add the wet ingredients to the dry and mix with a spoon until just combined.
4. Heat the waffle machine as per the instructions.
5. Use a 1/3-cup measure and scoop the corn cake batter into the waffle iron, leaving about an inch between each waffle. Cook until the waffles are golden brown and crispy.
6. Remove the corn cakes with a spatula and place on a plate or baking sheet. Repeat with the remaining batter.
7. To make the avo-cream whizz all the ingredients to a smooth cream in a mini food processor or with a stick blender, add a tablespoon of cold water if necessary.
8. To assemble the corn cakes, add the avocado shavings and tomatoes over the top. Top each with a poached egg if desired.
9. Serve garnished with freshly ground black pepper and micro herbs

