

## Corn & Shiso Agedashi Tofu Fritters

Makes ~8 small fritters

- Firm tofu – 150g, pressed dry
- Fresh corn – 80g
- Potato starch – 2–3 Tbsp
- Chopped shiso – 2 leaves
- Grated ginger – 1 tsp
- Neutral oil for pan-frying

1. Mash tofu and mix in corn, shiso, and ginger.
2. Add enough potato starch to bind.
3. Form into small patties and pan-fry in a little oil until golden.

🍷 Serve with a drizzle of ponzu or just a spritz of lemon.



### Nutrition Estimate (Per 1 fritter, of 8 total)

**Nutrient**   **Per Fritter**   **Per 4 Fritters (half batch)**

**Calories**   ~55 kcal   ~220 kcal

**Protein**   ~2.5 g   ~10 g

**Fat**   ~2.5 g   ~10 g

— Sat. Fat ~0.3 g   ~1.2 g

**Carbs**   ~6 g   ~24 g

— Sugars ~1 g   ~4 g

**Fiber**   ~0.5 g   ~2 g

**Sodium**   ~50 mg\*   ~200 mg

\*Assumes no added salt — only what's in tofu + a splash of ponzu or lemon. Sodium could rise to ~150 mg per fritter if ponzu is added generously.