

June Recipe

Vegetable Fritters

Serves 4

Preparation time 15 minutes

Cooking time 30 minutes

Ingredients

1 Medium courgette, grated (*Approximately 130g*)

1 Small carrot, grated (*Approximately 60g*)

75g Sweetcorn

1 Small onion, finely chopped

2 tbsp Parsley, finely chopped

2 Free range eggs

60g Plain flour

Instructions

Preheat the oven to 180oC.

Prepare the vegetables. Use a box grater (or a food processor if you have one) to grate the courgette and carrots. Place the grated carrots and courgette into a clean cloth and squeeze out as much water as you can.

Next, add the courgette and carrots to a large bowl, along with the sweetcorn, chopped onion and parsley.

Add the eggs and flour to the bowl, mixing it all together.

Use two large spoons to help shape the mixture into walnut sized balls. Add more flour if it seems too sticky. Place the fritters onto a lined baking tray and bake them in the oven for around 25 minutes, turning them carefully once halfway through.

Alternatively, the fritters can be fried in a little oil over a medium heat for 3-5 minutes each side. You may need to cook them in batches.

Serve hot with a summer salad and hummus or enjoy cold as a snack.