

Vegetable Fritters - Serves 4

Food group servings per serve:

Vegetables: 2 ½ - Dairy: 0 - Lean meat/alternatives: 0 - Grains: ¼

Ingredients:

1 carrot grated
1 potato grated
2 zucchinis grated
2 eggs
1 tbsp. self-raising flour
1 tbsp. parsley
1 tbsp. chives
½ tbsp. nutmeg
Pepper
2 tsp. olive oil



Method:

Mix grated carrot and zucchini with eggs, flour, parsley, chives, nutmeg and pepper in a bowl.
Heat ½ the oil in a non-stick frying pan and add spoonful's of mixture to the pan
Flatten mixture slightly and cook for 4-5 minutes on each side or until golden brown
Drain on absorbent paper
Heat the remainder of the oil and repeat with the remaining mixture

Available at our Café from 11am Thursday 19 October