



VERY YUMMY VEGGIE NUGGETS

- Ingredients –**
- 1 large zucchini, grated
 - 1 large potato, grated
 - 1 carrot, grated
 - 2 sprigs parsley, finely chopped
 - 1 Spring onion
 - 1 egg, beaten
 - 3 tablespoons plain flour
 - ½ cup grated parmesan cheese
 - ½ cup breadcrumbs
 - Zest of ½ lemon
 - Olive oil cooking spray



Equipment

- Kiddies Food Cutter Knife – for sale through Travelling Kitchen website
- Chopping board
- Bowls
- Grater
- Oven trays and baking paper
- Wooden spoons
- Metal spoons
- Measuring cups and spoons

Method:

1. Heat oven to 200°C.
2. Line baking tray with baking paper
3. Grate vegetables
4. Squeeze out liquid from zucchini and potato
5. Finely chop parsley
6. Zest lemon
7. Add egg, lemon, parmesan and flour to bowl with vegetables and parsley and mix to combine.
8. Place breadcrumbs (or quinoa flakes for gluten free option) on a large plate.
9. Shape small balls of mixture into nuggets and roll in breadcrumb mixture.
10. Place nuggets onto tray.
11. Spray nuggets with cooking oil and cook for 15 minutes approximately, turning halfway until golden and cooked through.
12. Enjoy with some sweet potato wedges.

