



Carrot fritters with quick tomato salsa

Serves: 24 - 30 tastes



Ingredients

Fritters

600g carrots, peeled and grated
½ cup chopped fresh parsley
¼ teaspoon ground cumin
½ cup tasty cheese, grated
2/3 cup plain flour
1 egg, lightly beaten
½ cup soda water
Salt and pepper to taste
Olive oil to shallow fry

Salsa

2 large tomatoes, seeds removed, diced finely
¼ red onion, diced very finely
1 teaspoon olive oil
½ teaspoon white wine vinegar
Salt and pepper to taste
2 tablespoons chopped parsley

Equipment

Knives
Chopping board
Fry pan
Graters
Mixing bowls
Measuring spoons and cups
Wooden spoon
Egg flipper

What to do:

- Peel and grate the carrots, chop the parsley
- Place the carrot, parsley, cumin, cheese and flour in a bowl and add the egg and soda water. Season with salt and pepper.
- Mix well to combine
- Heat a little olive oil in the same pan and gently cook spoonful's of the mixture until lightly browned, flip over and brown the other side. Keep warm while you cook the rest.
- To make the salsa, combine all the prepared ingredients in a bowl and mix well
- Divide the fritters between serving plates, scatter over the salsa and serve.