

Vegetable Shreddies



Equipment	Ingredients:
• Grater • Bowl • Wooden spoon • Frypan • Spatula • Metal spoon • Paper towel • Measuring cups and spoons	• 6 cups of vegetables. Some suggestions are: - Cauliflower, potato, sweet potato and carrot - Carrots, onions and potato - Zucchini, corn and sweet potato - Squash, parsnip and peas • 3 eggs • 6 tablespoons of plain flour • 6 tablespoons of olive oil (for frying)

What to do:

1. Grate the vegetables.
2. Mix the grated vegetables, flour and eggs in a bowl.
3. Heat the oil in a frypan and place dollops of the mixture on the hot pan, flatten using a spatula.
4. Cook for a few minutes each side until golden and crispy, then drain on paper towel.