



Vegetable Fritters

Equipment:

Measuring cups and spoons
Large mixing bowl
Wooden spoon
Spatula
Grater
Chopping board
Knife
Micro plane

Ingredients:

½ cup milk
2 eggs
1 cup SR Flour
2 cups corn kernels (400-500g)
2 zucchinis (250g approx.), grated
2 carrots (250g approx.), grated
½ cup cheese, grated
2 tbsp chopped parsley
2 tbsp chopped chives
1 tsp lemon zest
2 tbsp olive oil or olive oil spray

Instructions/ Method:

Prepare carrots, zucchini and herbs per ingredients list.

Whisk eggs in a large bowl, add milk.

Gradually whisk in flour until mixture is smooth and well combined.

Stir in corn, zucchini, cheese, herbs, and zest. Mix until combined.

Heat oil in frying pan or electric frying pan over medium heat

Spoon heaped spoons of batter into pan.

Cook for 2-3 minutes on each side or until golden and cooked through.

Serve with a fresh garden salad and top with a spoon of relish.