



Vegetable & Ricotta Fritters The Australian Woman's Weekly Sugar Free

Makes	30 tastes in the classroom	From the garden:	Spinach, leek, lemon, garlic, zucchini
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Equipment	Ingredients
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<ul style="list-style-type: none"> ▪ Large metal mixing bowl ▪ Chopping board ▪ Chef's knife ▪ Salad spinner ▪ Grater ▪ Microplane ▪ Electric fry pan or stove top fry pan ▪ Spatula 	<ul style="list-style-type: none"> ▪ 2 cups spinach leaves, washed and finely chopped ▪ 2 zucchinis, grated ▪ 4 cloves garlic ▪ 1 leek, sliced thinly ▪ 1 bunch parsley ▪ 4 eggs ▪ Zest of two lemons ▪ 180g almond meal ▪ 240g firm ricotta ▪ ½ cup olive oil ▪ Salt and pepper to taste
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What to do

1. Heat fry pan with a tablespoon of olive oil. Add leek and cook over medium heat until soft. Remove from heat and set aside to cool.
2. Squeeze excess moisture from zucchini, then add to large metal bowl.
3. Combine zucchini, spinach, leek, garlic, parsley, eggs, lemon zest, almond meal and ricotta in bowl; season with salt and pepper.
4. Heat oil in fry pan over medium heat. Pour ¼ cups of fritter mixture into pan; cook for 3 minutes each side or until golden and cooked through.
5. Remove from pan; cover to keep warm. Repeat with remaining oil and fritter mixture.
6. Serve fritters warm topped with relish of choice and side salad.

Bottom Drawer	<i>Did you know?</i> Serve fritters for lunch or as a snack. Try different combinations of seasonal vegetables and herbs.
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Rocket & Red Onion Salad	www.maemsik.com
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Makes	30 tastes in the classroom	From the garden:	Rocket
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Equipment	Ingredients
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<ul style="list-style-type: none"> ▪ Large metal mixing bowl ▪ Chopping board ▪ Chef's knife ▪ Salad spinner ▪ Juicer ▪ Measuring spoons ▪ Small glass jar 	<ul style="list-style-type: none"> ▪ 2 red onions, thinly sliced ▪ Large bowl of rocket and any other salad greens of choice such as spinach, watercress, lettuce. ▪ 1 orange, juiced ▪ 4 tsp Dijon Mustard ▪ 4 tbsp olive oil ▪ Salt and pepper
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What to do

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| <ol style="list-style-type: none"> 1. To make the dressing, add orange juice, mustard and oil to a small jar. 2. Add salt and pepper to taste. 3. Secure the lid and shake the jar to combine ingredients. 4. Wash and drain leaves in a salad spinner; add to large bowl. 5. Scatter over the onion. 6. Drizzle with the dressing and gently toss together to serve, season with black pepper and sea salt. |
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Bottom Drawer	<p><i>Did you know?</i> Arugula (American English) or rocket (British English) is an edible plant in the brassica family. It is used as a leaf vegetable for its fresh, tart, bitter and peppery flavour.</p>
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