

Broccoli and Pea Fritters

Fresh from the garden: Broccoli, parsley, mint, eggs

Equipment:

metric measuring spoons
measuring scale
clean tea towel
chopping board
cook's knife
colander
food processor
heavy-based frying pan
wooden spoon
medium bowl
serving bowls
grater
whisk

Ingredients:

- 2 bunches broccoli – florets removed from the stalks and broken up, stalks reserved
- 2 cups frozen (or fresh) peas, no need to defrost
- 6 eggs
- 2/3 cup grated parmesan
- handful of fresh parsley
- 2-3 tablespoons rice flour
- pinch of salt
- olive oil, for frying

Yoghurt Dip:

- 1 cup Greek yoghurt
- fresh dill, picked from stalks and finely chopped
- fresh mint, removed from stalks and shredded finely
- 1 teaspoon (or more) crushed garlic
- fresh lemon juice

METHOD (WHAT TO DO):

1. First, make your yoghurt dip. Mix the ingredients together and set aside to infuse. The longer it sits, the better.
2. In a small food processor, add your broccoli stalks, a handful each of fresh parsley and blitz until it's finely chopped.
3. Whisk your eggs in a large bowl and then tip in your frozen peas, along with the blitzed broccoli stalks and parmesan and mix well.
4. Add the broccoli florets and 2 tablespoons of rice flour and mix well (add a little more rice flour if it looks too wet). Taste for seasoning.
5. Heat some olive oil in a large frypan and drop spoonfuls of the mixture into the hot pan, flattening them out to make fritters and fry on each side until golden.
6. Remove from the pan and rest on paper towel to drain excess oil. Repeat the process until all the mix is used. Serve with the yoghurt dip.

