

RECIPE

VEGGIE FRITTERS

INGREDIENTS:

- 2 POTATOES
- 1 CARROT
- 2 ZUCCHINIS GRATED
- 125G CAN CORN
- 1 ONION, CHOPPED
- ½ CUP SELF-RAISING FLOUR
- ½ TSP SALT
- CHOPPED BACON
- 3 EGGS
- 2 TBSP OLIVE OIL

NOTES:

PREP TIME: 20 MINUTES

COOK TIME: 30 HOUR

SERVES: 4 (TIMES FOR NUMBER OF KIDS)



METHOD:

- PEEL POTATOES AND CARROT. GRATE INTO BOWL. + ZUCCHINI. ADD CORN, ONION, FLOUR, SALT AND EGG YOLKS INTO A BOWL. STIR TO COMBINE
- PLACE EGG WHITES INTO A BOWL AND BEAT UNTIL STIFF PEAKS FORM. FOLD THROUGH VEGETABLE MIXTURE.
- HEAT A LARGE PAN OVER MEDIUM HEAT. ADD A LITTLE OIL. ADD ⅓ CUP OF MIXTURE AND COOK FOR 5 MINUTES. COOK BOTH SIDES AND REPEAT PROCESSES UNTIL ALL MIXTURE IS GONE.