



ZUCCHINI FRITTERS

North East Natural Health Centre Cooking Corner

ZUCCHINI FRITTERS

— Easy Recipes —

500 g (17 1/2 oz) zucchini (summer squash/ courgette)
1 cup (150 g / 5 1/4 oz) green peas
1 bunch parsley chopped (60 g/ 2 oz)
1 bunch mint chopped (20 g / 3/4 oz)
4 spring onions, sliced
good pinch sea salt
generous grind of black pepper
zest from 1 lemon
3 eggs
1/2 cup (50 g/ 1 3/4 oz) almond meal (see notes on alternatives)

Grate the zucchini and place into a colander.
Sprinkle with a just little sea salt and mix through. (not too much salt just a nice pinch)
Sit for 10 minutes.
Squeeze out all the moisture from the zucchini with your hands – I like to grab handfuls and squeeze out as much liquid as I can.
Place the zucchini into a large bowl.
Add parsley, mint, peas, spring onion, pepper, lemon zest, eggs and almond meal or the other alternative flours if using.
Mix well until combined. At this stage it's good to test cook a fritter to make sure it holds together well. Add a touch more almond meal or alternative flour if you need it.
Cook fritters in a pan over a medium heat in a little olive oil for 2 minutes each side or until cooked through.
Serve and Enjoy.
Makes 12 fritters