



Zucchini Fritters

Equipment

- Kitchen knife
- Chopping board
- Grater
- Colander
- Measuring cups and spoons
- Spatula
- Frying pan

Ingredients

- 2 medium zucchini
- 1/4 cup whole wheat flour
- 3 tbsp Parmesan Cheese
- 2 large eggs
- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 1/4 tsp chilli flakes
- 2-3 tbsp extra-virgin olive oil

What to do

Task 1 : Prepare the zucchini

Wash and grate the zucchini; you need 4 cups of grated zucchini for this recipe. Place the grated zucchini in a colander and squeeze to remove as much excess water as you can; put this in a medium bowl along with the flour and grated Parmesan cheese.

Task 2 : Prepare egg mix and combine

In a separate bowl, combine the eggs, salt, pepper and chilli flakes and beat until the egg is slightly frothy. Pour over the zucchini and stir delicately until well combined.

Task 3 : Fry

Heat about a tablespoon of olive oil in a skillet set over medium heat, then drop the batter into the hot pan by heaping tablespoons, using about 2 tbsp of batter per fritter. You'll want to cook 3 to 4 fritters at a time, depending on the size of your pan, and fry them until a lightly golden crust forms, about 1 or 2 minutes each side.

Transfer the cooked fritters to a plate lined with paper towels and repeat with the remaining batter. Add a little bit more oil to the pan with each new batch, or as necessary.

Task 4 : Serve without delay!

