

Webfid00233hero mixedvegfetafritters 82

Veggie and Feta Fritters

with Mixed Salad



20-30min



4 Portions

Need a way to disguise vegetables in order to get the kids to consume them? Well fritters are the perfect vessel for this! These veggie-packed patties transform zucchini, carrot and peas into dinner that the kids will love, and we are sure the adults will think they're pretty damn good, too!

What we send

- sweet chilli sauce
- batter mix (chickpea flour, baking powder, cumin)
- green peas
- avocado
- baby cos lettuce
- cherry tomatoes
- feta ⁷
- zucchini
- carrot

What you'll require

- eggs ³
- Australian honey
- olive oil
- salt and pepper
- white wine vinegar ¹⁷
- wholegrain mustard ¹⁷

Utensils

- foil
- grater
- large frypan
- paper towel

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 640.0kcal, Fat 40.4g, Proteins 24.8g, Carbs 39.1g



1. Prepare ingredients

Coarsely grate the **zucchini**. Using your hands, squeeze out excess moisture. Coarsely grate the **carrots**. Finely crumble the **feta**. Halve the **cherry tomatoes**. Dice the **avocado**.



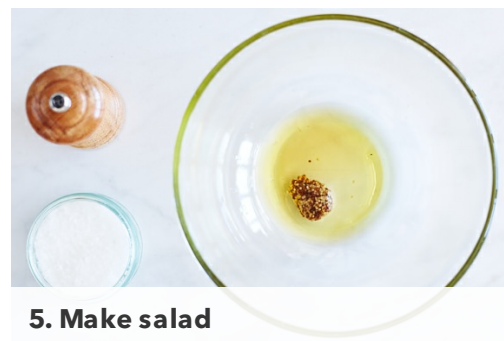
4. Cook fritters

Heat 1½ tbs **oil** in a large frypan over medium-high heat. Add ⅓ cupfuls of **batter** to pan, spreading to about 1cm thick. Cook several fritters at once, in a single layer for 3 mins each side or until golden. Transfer to a plate lined with paper towel. Cover with foil to keep warm. Repeat with more oil and remaining batter.



2. Start batter

Place **batter mix** in a large bowl with 1 tsp **salt** and stir to combine. Add 2 **eggs**, 1 tbs **oil** and 125ml (½ cup) of water and whisk until combined.



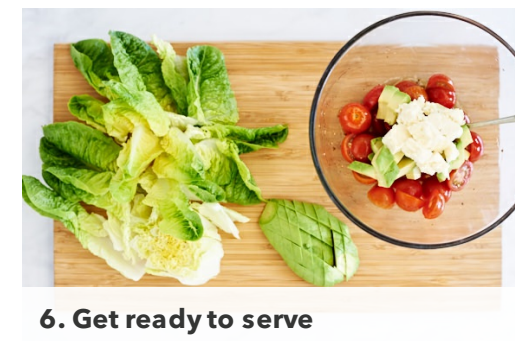
5. Make salad

Meanwhile, combine 1 tbs **oil**, 1 tsp **wholegrain mustard**, 1 tsp **honey** and 2 tsp **white wine vinegar** in a large bowl. Season with **salt and pepper**.



3. Finish batter

Add **carrot, zucchini, peas** and ¼ of the **feta** to the **batter** and gently stir to combine. Season with a little **salt**.



6. Get ready to serve

Add the **tomatoes, lettuce** and **avocado** to the **dressing** and gently toss to coat. Scatter over the remaining **feta**. Serve the **fritters** with the **salad** and **sweet chilli sauce**.