



MARLEY SPOON



Savoury Fritters with Yoghurt Dressing and Carrot Salad

 20-30min  2 Portions

Add the sauce and bring to a simmer. Add the noodles and toss through until hot and well coated with the sauce. Heap into warmed dishes to serve. Garnish with the remaining chilli.

What we send

- curry powder ¹
- Greek-style yoghurt ⁷
- currants
- lemon
- rolled oats ¹
- snow peas
- carrot
- mint
- chives
- parsley
- sunflower seeds

What you'll require

- eggs ³
- milk ⁷
- olive oil
- plain flour ¹
- salt and pepper
- sugar

Utensils

- grater
- large frypan
- paper towel
- peeler
- Whisk

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

Allergens

Gluten (1), Egg (3), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 755.0kcal, Fat 34.5g, Proteins 26.8g, Carbs 76.5g



1. Prepare ingredients

Place **sunflower seeds** in a dry large frypan over medium heat and cook for 3 mins, stirring, until toasted. Remove from heat and set aside to cool. Pick the **parsley** leaves (discard stems), then chop the leaves. Finely chop the **chives**. Pick the **mint** leaves (discard stems) and coarsely chop.



4. Finish batter

Stir 2 tsp **curry powder**, ½ tsp **salt** and the chopped **parsley** and **chives** into the **oat mixture**. In a clean bowl, using an electric mixer or a large whisk, beat the **egg whites** to stiff peaks. Gently fold through the oat mixture.



2. Start batter

Separate 2 **egg yolks** from **egg whites**. Whisk egg yolks, 1 tbs **plain flour** and 200ml **milk** in a medium bowl until combined. Add **oats** and cooled **sunflower seeds**. Stand the mixture at room temperature for 5 mins or until some of the milk is absorbed into the oats.



5. Fry fritters

Heat 60ml (¼ cup) **oil** in same frypan over medium heat. Drop 2 tbs amounts of **batter** into pan. Fry **fritters**, in batches, for 2-3 mins each side until golden brown (you should have about 10 fritters). Drain on paper towel.



3. Make salad

Meanwhile, using a vegetable peeler, shave the **carrot** into thin strips. Trim and thinly shred the **snow peas**. Zest and squeeze half the **lemon**. Cut the remaining half into wedges. Toss the carrot in a bowl with the **currants**, 1 tbs **lemon juice**, a pinch each of **salt** and **sugar** and 1 tbs **oil**.



6. Prepare yoghurt

Stir half the **mint** leaves and 1 tsp **lemon zest** into the **yoghurt**. Season with **salt and pepper**. Toss the **snow peas** into the **carrot salad** and serve with the **fritters**. Drizzle with **yoghurt sauce**, serve with **lemon wedges** and garnish with remaining mint leaves.