



Incredible Edible Reciplease

The Incredible Edible

Zingy Zucchini Fritters

These are great as a snack or take them to school for lunch!

Ingredients (serves 8)

- 6 green zucchini, coarsely grated
- 2 pinches of salt
- 3 green shallots
- ½ Cup of finely chopped mint
- ½ Cup of finely chopped parsley
- 200g feta cheese, coarsely crumbled
- ½ Cup of grated Romano cheese
- ½ Cup wholemeal flour
- 3 eggs lightly whisked
- Freshly ground black pepper
- Olive Oil spray



This is how we do it

1. In a medium sized bowl, combine the coarsely grated zucchini and sprinkle with salt. Set aside for 10 minutes. Using your hands, squeeze the excess liquid from the zucchinis.
2. In a large bowl, combine the zucchini, green shallots, mint, parsley, feta, romano cheese, flour and egg. Season with pepper
3. Spray a nonstick fry pan with the olive oil spray. Place four tablespoons of the zucchini mixture around the edge of the heated pan and cook for 2 minutes on each side. Transfer to a plate and continue with the remaining zucchini mixture, reheating the pan between batches.
4. Transfer fritters to a plate and enjoy!

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