



Everything
But The Chef

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Zucchini Fritters with Spicy Salsa

The perfect health kick with a spicy twist! These zucchini and carrot fritters are so crispy and delicious you won't believe how good they are for you. Paired with a creamy fetta and rocket salad and a zingy fresh spicy relish, they're just the thing for a hearty, yet fresh dinner.

 **Prep:** 15 mins
 **Cook:** 15 mins
Total: 30 mins

 level 2

 veggie

 4 pantry items



Zucchini



Carrot



Fetta



Tomato



Long Chilli



Lemon



Spring Onions



Parsley



Rocket

2P	4P	Ingredients
1	2	egg, lightly beaten *
1/4 cup	1/2 cup	flour *
1 tsp	2 tsp	sea salt *
2	4	zucchini, grated
1	2	carrot, grated ⊕
70 g	140 g	fetta, crumbled
1 tbs	2 tbs	olive oil *
1	2	tomato, grated & skin discarded A
1	2	long chilli, finely diced
1/2	1	lemon, juiced
1 bunch	2 bunches	spring onions, finely chopped ⊕
1 tbs	2 tbs	parsley, finely chopped
70 g	140 g	rocket, washed

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1750	Kj
Protein	17.6	g
Fat, total	25.1	g
-saturated	10	g
Carbohydrate	25.7	g
-sugars	11.2	g
Sodium	1100	mg

Measuretool

0 cm	1 cm	2 cm



1 Add the **egg**, **flour**, and **salt** to a large bowl and mix well to combine. Place the grated **zucchini** and **carrot** in a collander and squeeze out as much moisture as you can, otherwise the water in the batter will prevent the fritters from combining. Combine the vegetables and half of the **fetta** with the batter. The result should be a light batter that will hold your veggies together as they cook but nothing too pancakey. If it's too gluggy, add a dash of milk.



2 Heat the **olive oil** in a non-stick frying pan over a medium heat. Use a large serving spoon to gently place a portion of the fritter mixture on to the pan. You will need to do this in a few batches so you don't overcrowd the pan. Gently cook for **3 minutes** on either side and transfer to a warm resting place.



3 In a small serving bowl combine the **tomato**, **chilli**, **lemon juice**, **spring onions**, **parsley**, and a good grind of **salt** and **pepper**, taste and adjust seasoning accordingly.



4 Toss the **rocket** with a little olive oil and the remaining fetta and distribute evenly between plates, top with the zucchini fritters and serve with the spicy relish.

Did you know? We can thank the Spanish for creating this fritter technique!