

RECIPE

Zucchini Fritters

Ingredients

- 120g zucchini, coarsely grated
- 1/2 tsp sea salt
- 1 large free-range egg
- 1/2 tsp baking powder
- 3 tbsp plain flour
- 5 tsp ground cumin
- 50g frozen peas, thawed
- Vegetable oil, for frying
- Freshly ground black pepper



Mango Chutney Yoghurt Ingredients

- 2 tbsp plain yoghurt
- 1 tsp mango chutney

Method

1. Season the zucchini with sea salt and set aside.
2. Whisk together the egg, baking powder, flour and cumin in a large bowl and season with black pepper.
3. Squeeze the excess water out of the zucchini over the sink, then add the zucchini and peas to the batter.
4. Heat enough oil to just cover the bottom of a large frying pan, over a medium-high heat. When the oil just shimmers, drop in heaped tablespoons of the zucchini mixture, flattening them with the back of the spoon to make fritters.
5. Fry each one for 1–2 minutes, or until golden-brown on each side. If you need to cook in batches in a smaller pan, set the fritters to drain on a plate lined with kitchen paper.