



Vegetable Fritters

Warm weather is coming! (in New Zealand). It is time for a “summer-y” comfort food.

This recipe is a great way to use up vegetables and has endless possibilities for flavours and vegetables.

And... even fussy kids might try it – if your lucky.

One fritter is one serving of your five-a-day, and it is about 100 calories each.

Always use a good frypan, \$10 frypans don't do the job as well.

Let's get cooking

Makes 16 fritters, serves 4-5

You will need:

- 3 large carrots (grated)
- 1C cabbage (finely shredded)
- 1 small red onion (diced)
- 3 eggs
- 3/4C flour
- 3t curry powder
- 1t salt
- 1/2t pepper
- You may need a bit of water to get the mixture to hold together. Use ice-cold water if possible, going in 1 tablespoon at a time

Directions:

1. Preheat your oven to 100°C Fan Bake, with a lined oven tray
2. Place down 4 layers of kitchen paper, then lay down your grated carrots **flat** (must be flat) then season with salt
3. Gather your grated carrot in a cheesecloth, and secure with a rubber-band. Squeeze out as much moisture as you can
4. Gather your grated carrot, cabbage, onion in a large mixing bowl
5. Sieve in your flour, curry powder and your salt/pepper
6. Beat your eggs in a separate bowl, and add that into your mixing bowl
7. Mix together your vegetables and eggs. Add ice water if required
8. The mixture should be sticky, however workable and mouldable with your hands.
9. Heat up a frypan to medium-high heat with olive oil. Don't do anything until your frypan is hot
10. Shape fritters about 7cm in all directions, and place them into the heated frypan. **Repeat the process with remaining batter.**

11. You need about 1-2 minutes per side, flip.
12. Place your completed fritters on your heated oven tray, to keep them warm and crispy
13. Done! Serve in vegetarian burgers, or eat them on their own with mayo.