zucchini fritters,

- frying pan, bowls, grater, measuring spoons and cups,
- chopping board and knife, colander, mixing spoon and fork,
- scales, lifter, paper towel

Ingredients:
- 400gm zucchini
- ½ tspns salt
- 1 small onion (finely chopped)
- 1 clove garlic (crushed and chopped)
- 70gms fetta (crumbled)
- 10 mint leaves (finely chopped)
- 2 sprigs of parsley (finely chopped)
- 1 egg
- ½ cup plain flour
- freshly ground pepper
- rice bran or canola oil

Method
- Grate zucchini and put into colander. Leave to drain, while you do other ingredients.
- Beat egg into a large bowl, then mix in onion, garlic, fetta, mint and parsley.
- Squeeze the liquid out of the zucchini, discard, then mix the flesh into the egg mix. Stir in flour, season with salt and pepper and mix to combine.
- Heat oil (just enough to cover bottom) in the frying pan. Drop small tablespoons of fritter mix into the pan. Cook for 3 mins on each side, or until golden brown. Drain on kitchen paper. Serve.