

# 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.