

# FAST VEGGIE FRITTERS

Serves (12 fritters)

Cost per serve

Total prep & cooking time



**WHY WE LOVE THIS RECIPE**  
Wholemeal flour has more protein and a lot more fibre than white flour varieties!

**FOOD WASTE TIP**  
A quick and easy way to use up leftover vegetables.

## INGREDIENTS

<p>1 1/2 cups wholemeal self-raising flour</p>	<p>1 1/2 cups low fat milk</p>	<p>3 eggs</p>	<p>1/2 tsp. pepper &amp; dash of salt</p>	<p>2 tsp. dried mixed herbs or spices (paprika, turmeric, coriander, chilli)</p>	<p>2 cups mixed vegetables, chopped or grated (fresh or frozen)</p>
<p>1/2 cup low fat crumbled feta or grated tasty cheese</p>	<p>1/2 cup chopped fresh herbs (coriander, spring onion or parsley)</p>	<p>1 tbsp. olive oil</p>	<p><b>Fritter options</b></p> <ul style="list-style-type: none"> <li>- peas &amp; corn</li> <li>- zucchini &amp; feta</li> <li>- sweet potato</li> </ul>		
<p>To serve: Low fat Greek yoghurt or guacamole</p>					

## STEPS



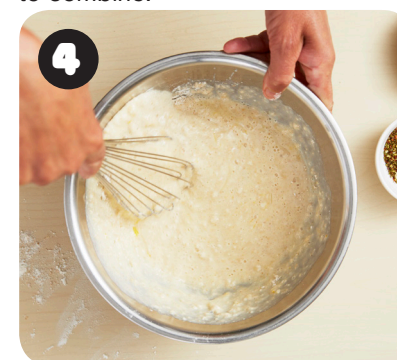
Place the flour into a large mixing bowl and gradually add the milk using a whisk or wooden spoon to combine.



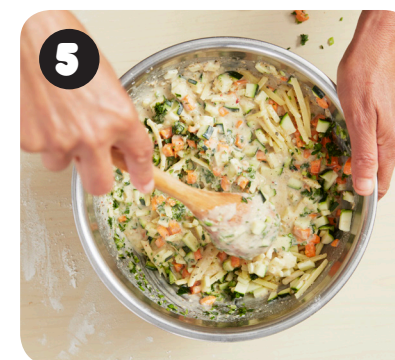
Add the eggs.



Add the dried herbs or spices and season with salt and pepper.



Mix together with a wooden spoon or whisk until well combined.



Add in the vegetables, cheese and fresh herbs and stir together with a wooden spoon.



Place a large frypan on a medium-high heat and add olive oil.



Add 2 tablespoons of mixture for each fritter. Repeating to make about 2-4 fritters at a time.



When bubbles start to form on top, flip each fritter and cook for a further 2-3 minutes.



Transfer cooked fritters to a warm plate and repeat steps 6-8 until the mixture is finished. Serve with low fat Greek yoghurt or guacamole.

