

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.

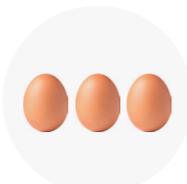
INGREDIENTS



1 1/2 cups wholemeal self-raising flour



1 1/2 cups low fat milk



3 eggs



1/2 tsp. pepper & dash of salt



2 tsp. dried mixed herbs or spices (paprika, turmeric, coriander, chilli)



2 cups mixed vegetables, chopped or grated (fresh or frozen)



1/2 cup low fat crumbled feta or grated tasty cheese



1/2 cup chopped fresh herbs (coriander, spring onion or parsley)



1 tbsp. olive oil



To serve: Low fat Greek yoghurt or guacamole

Fritter options

- peas & corn
- zucchini & feta
- sweet potato

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.

