

Fresh for kids™ Zucchini & carrot fritters



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Ingredients:

3 (about 375g) small zucchini
2 (about 250g) medium carrots, peeled
4 green onions, thinly sliced
1 cup reduced-fat grated tasty cheese
2 eggs, separated
1/2 cup plain flour
1 tsp baking powder
salt and ground black pepper
vegetable oil, for shallow frying

Health benefits:

Carrots

High in fibre and low in fat, this sweet tasting vegetable is an excellent source of a beta-carotene (which is converted to vitamin A in the body).

A half a carrot will provide over double your total daily vitamin A requirement.

Method:

1. Coarsely grate zucchini and carrots. Using your hands, squeeze vegetables to remove excess moisture and pat dry with paper towel. Place vegetables into a medium bowl.
2. Add green onions, cheese and egg yolk and mix well to combine. Sift flour and baking powder together and stir into zucchini mixture.
3. Whisk egg white in a small bowl until soft peaks form. Using a metal spoon, gently fold egg white into zucchini mixture.
4. Heat oil in a frying pan over medium heat. Using 2 tbs mixture per fritter, spoon mixture into pan and cook fritters for 3–4 minutes on each side or until golden and cooked through. Drain on paper towel and serve immediately.

Makes: 16

Preparation: 20 minutes

Cooking: 16 minutes

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