

TRAFFIC LIGHT FRITTERS

EQUIPMENT

- Frying Pan
- Mixing Bowl
- Whisk or Fork
- Tablespoon
- Fish Slice for flipping
- Small Cup



INGREDIENTS

- 1 Medium Courgette, grated Approx 1 cup / 130g
- 1 Small Carrot, grated Approx 1/2 cup / 60g
- 1/2 Red Bell Pepper, finely diced Approx 1/2 cup / 75g
- 75g (1/2 cup) Sweetcorn
- 30g (1/4 cup) Parmesan, grated Can be omitted for dairy free version
- 1 tbsp Parsley, finely chopped (optional)
- 2 Eggs
- 60g (1/2 cup) Plain flour
- 1 tbsp Oil, for frying

INSTRUCTIONS

1. Place the grated carrots and courgette on a clean kitchen towel and squeeze as much water out of them. Place in a mixing bowl.
2. Add the peppers, corn, parsley and parmesan and mix until combined.
3. Add the egg and stir until mixed. Finally add the flour and mix until combined.
4. With a grown up. In a large frying pan, heat 1/2 tbsp of the oil on medium low heat. Fill up an ice cream scoop with the mixture and drop into the pan. Flatten slightly with a fork / spatula. Fry for about 2 to 3 minutes on each side.

RECIPE NOTES

Egg Free: I have tested it with a little milk. They are more fragile to handle but held together to form fritters.

Parmesan: Fresh parmesan should be used, not the dry product you find in the pasta aisle. 😊 Can be omitted to make dairy free.

Veggie to Flour Ratio: The amount of flour you need may be depended on how much liquid remains in your veggies, size of eggs and also personal preference. You could start with 1/4 cup (35g) and add more if needed/wanted.