



ZUCCHINI FRITTERS

With Herb Yoghurt and preserved lemons

Makes 10-12 pieces | By Chef Rafaela Carniero

INGREDIENTS FOR FRITTERS

- 4 cups shredded zucchini
- 2/3 cup all-purpose flour
- 2 large eggs, lightly beaten
- 1 clove garlic, crushed
- ½ shallot, finely chopped
- 2 tbsp chopped Parsley
- 2 tbsp chopped Spring onion
- 1 tbsp dried mint
- Salt and pepper to taste
- Canola oil cooking spray

INGREDIENTS FOR YOGHURT

- 300g Greek yoghurt
- 2 tbsp finely chopped cilantro
- 2 tbsp finely chopped parsley
- 2 tbsp finely chopped mint
- 2 tbsp finely chopped spring onion
- 1 tsp dried dill
- 3 tbsp olive oil

PROCEDURE

- 01** Trim the ends from the zucchini. Coarsely grate the zucchini. Place in a colander and squeeze out as much excess moisture as possible.
- 02** Stir in flour, garlic, shallot, parsley, dried mint, spring onion, salt and pepper. Add the zucchini.
- 03** In a separate bowl, combine the eggs and beat until the egg is slightly frothy. Pour over the zucchini and stir delicately until well combined.
- 04** Heat a skillet over medium heat with cooking spray, then drop the batter into the hot pan by heaping 2 to 3 tbsp of batter per fritter. Cook 3 to 4 fritters at a time, and fry them until a lightly golden crust forms, about 1 or 2 minutes per side.
- 05** To make the yoghurt, put ingredients in a bowl and whisk well. Adjust the seasoning. Keep it cold.
- 06** To serve put a spoon of this sauce on the top of the fritters, and finely preserved lemon on the top as well.

Saturday
SERVINGS

MARKETPLACE

