Courgette fritters

Ingredients

Serves 2 (makes 8 fritters)

1 egg

1/4 cup milk

1/3 cup wholemeal flour

1/2 teaspoon baking powder

1 courgette, grated and liquid squeezed out

1 teaspoon oil

pinch salt

pepper to taste

Method

- 1. Beat the eggs and milk in a bowl.
- 2. Stir in the flour, baking powder, courgette, salt and pepper.
- 3. Heat the oil in the frying pan over medium heat.
- 4. Place spoonfuls of mixture into the pan, 3-4 at a time.
- 5. When the mixture bubbles on top, turn over with a spatula.
- 6. Cook on the other side until golden brown.
- 7. Remove and place on a plate. Cook remaining mixture.

Serving suggestion

· Serve with rocket or green salad.

Variation

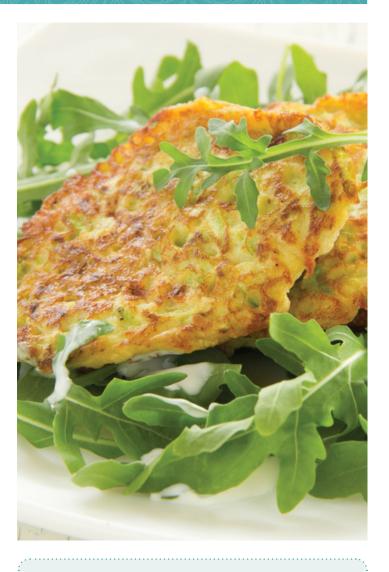
 Use a grated carrot or corn kernels in place of courgette.

Tip

 Squeeze excess water from grated courgette using a clean tea towel.

Nutrition

 Eating plenty of different coloured vegetables means you'll get a wide range of nutrients which help you to learn and grow, and stop you from getting sick.



Equipment

Bowl

Dessert spoon or ladle

Egg beater or whisk

Frying pan

Grater

Large plate

Measuring cups

Measuring spoons

Spatula or fish slice

Preparation and cooking skills

Beat, fry, grate, stir.



