

# 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.