

Mussel and pumpkin fritters

Serves 2 (makes 6 large or 12 small fritters)

Ingredients

- 1 cup grated pumpkin
- 1 spring onion, sliced
- 2 eggs
- ¼ cup wholemeal flour
- 1 teaspoon baking powder
- 200 grams cooked mussel meat, chopped (1kg whole raw mussels)
- 1 tablespoon oil

Method

1. In a large bowl, place pumpkin, spring onion, eggs, flour and baking powder and mix together until well combined.
2. Mix through chopped mussels.
3. Heat oil in a large frying pan over a medium heat.
4. Place tablespoons of mixture into the pan, avoiding overcrowding.
5. Cook on one side until golden or when bubbles appear on the surface. Turn using a spatula and cook the other side until golden.
6. Remove and place on a plate.
7. Repeat until mixture is used, then serve.

Serving suggestions








- Serve with a green salad.
- Serve with steamed seasonal vegetables, e.g. ½ cup broccoli or cauliflower and ½ cup green beans.

Tip

- If cooking mussels in the shell, discard any that do not open and stay tightly shut during cooking, as these are unsafe to eat and could make you sick.



Equipment

-  Frying pan
-  Grater
-  Kitchen scales
-  Large bowl
-  Measuring cups
-  Measuring spoons
-  Spatula or fish slice

Preparation and cooking skills

Chop, grate, mix, pan fry, slice.

Nutrition

- *Kuku* or mussels are a traditional Māori food. They contain protein, vitamins like B12, and minerals like iron and iodine, which keep you healthy.