



recipe no9

Courgette Fritters

Ingredients

- 750g grated courgettes
- 125g Feta cheese
- small bunch of fresh parsley
- small bunch of fresh mint
- 1 teaspoon paprika
- 140g flour
- 3 eggs
- Salt & pepper

Prep time - 10 mins

Cooking time - 30 mins

Makes 12 fritters

Method

1. Grate 750g of courgettes, use a teatowel to squeeze all the water & put into a large mixing bowl.
2. Add chopped herbs, crumble the feta & add eggs.
3. Mix in the flour.
4. Keep mixing, it will feel very dry to begin with, but the more you mix it will create a batter.
5. Make sure the frying pan is very hot with oil.
6. Use a tablespoon and spoon large spoonfuls into the pan and spread them out.
7. Fry until brown and crispy on both sides & place on kitchen roll.
8. Serve with tomato salad