



Everything  
But The Chef

hello@hellofresh.com.au

02 81 888 722

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## Zucchini Fritters with Spicy Salsa

The perfect health kick with a spicy twist! These zucchini and carrot fritters are so crispy and delicious you won't believe how good they are for you. Paired with a creamy fetta and rocket salad and a zingy fresh spicy relish, they're just the thing for a hearty, yet fresh dinner.

 **Prep:** 15 mins  
 **Cook:** 15 mins  
**Total:** 30 mins

 level 2

 veggie

 4 pantry items



Zucchini



Carrot



Fetta



Tomato



Long Chilli



Lemon



Spring Onions



Parsley



Rocket

2P	4P	Ingredients
1	2	egg, lightly beaten *
1/4 cup	1/2 cup	flour *
1 tsp	2 tsp	sea salt *
2	4	zucchini, grated
1	2	carrot, grated ⊕
70 g	140 g	fetta, crumbled
1 tbs	2 tbs	olive oil *
1	2	tomato, grated & skin discarded <b>A</b>
1	2	long chilli, finely diced
1/2	1	lemon, juiced
1 bunch	2 bunches	spring onions, finely chopped ⊕
1 tbs	2 tbs	parsley, finely chopped
70 g	140 g	rocket, washed

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	1750	Kj
Protein	17.6	g
Fat, total	25.1	g
-saturated	10	g
Carbohydrate	25.7	g
-sugars	11.2	g
Sodium	1100	mg

#### Measuretool

0 cm	1 cm	2 cm



**1** Add the **egg**, **flour**, and **salt** to a large bowl and mix well to combine. Place the grated **zucchini** and **carrot** in a collander and squeeze out as much moisture as you can, otherwise the water in the batter will prevent the fritters from combining. Combine the vegetables and half of the **fetta** with the batter. The result should be a light batter that will hold your veggies together as they cook but nothing too pancakey. If it's too gluggy, add a dash of milk.



**2** Heat the **olive oil** in a non-stick frying pan over a medium heat. Use a large serving spoon to gently place a portion of the fritter mixture on to the pan. You will need to do this in a few batches so you don't overcrowd the pan. Gently cook for **3 minutes** on either side and transfer to a warm resting place.



**3** In a small serving bowl combine the **tomato**, **chilli**, **lemon juice**, **spring onions**, **parsley**, and a good grind of **salt** and **pepper**, taste and adjust seasoning accordingly.



**4** Toss the **rocket** with a little olive oil and the remaining **fetta** and distribute evenly between plates, top with the zucchini fritters and serve with the spicy relish.

**Did you know?** We can thank the Spanish for creating this fritter technique!