

Vegetable Fritters



PREP TIME: 10 minutes

COOK TIME: 20 minutes

SERVES: 4

INGREDIENTS

- 1 carrot
- 1 potato
- 1 zucchini
- 2 eggs
- 1 tablespoon self-raising flour
- 1 tablespoon parsley
- 1 tablespoon chives
- 1/2 teaspoon nutmeg
- Pepper (to taste)
- 2 teaspoons olive oil

INSTRUCTIONS

- 1:** Grate carrot, potato and zucchini and beat your eggs in a bowl. Finely chop parsley, chives and grate or grind your nutmeg finely.
- 2:** Mix carrot, potato, zucchini, eggs, flour, parsley, chives, nutmeg and pepper in a bowl.
- 3:** Heat one teaspoon of oil in a non stick frypan and add 2 spoonfuls of mixture.
- 4:** Flatten mixture slightly and cook for 4-5 minutes on each side or until golden brown.
- 5:** Drain on absorbent paper towel, set aside and keep warm.
- 6:** Heat remaining oil and repeat with remaining mixture.
- 7:** Serving with yogurt is super yum, but they're also great on their own with a little salt!

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.