



The Gathered Green

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CORN AND ZUCCHINI FRITTERS

A big thank you to www.thehealthychef.com for providing the inspiration for this recipe.

Makes 12 fritters

Ingredients

- 500g zucchini (approximately 3 medium sized zucchini)
- 1 cup of fresh corn kernels from 2 cobs of corn.
- 1 bunch parsley chopped
- 1 bunch mint chopped
- 1 small onion, finely chopped.
- Good pinch rock salt
- Generous grind of black pepper
- Zest from 1 lemon.
- 3 eggs
- ½ cup almond meal (or 2 tablespoons of coconut flour)

Sweet Chilli Yoghurt

1 cup Greek yoghurt

1 tbs sweet chilli sauce (or 2tsp chilli flakes)





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Method

Grate the zucchini and place into a colander.

Sprinkle with salt and mix through.

Sit for 10 minutes.

Squeeze out all the moisture from the zucchini with your hands (very important to ensure fritters stick together).

Place the zucchini into a large bowl.

Add parsley, mint, corn, onion, pepper, lemon zest, eggs and almond meal (or alternative flour).

Mix well until combined.

Shape individual fritters using your hands. If fritter does not hold together, add a little extra flour as required.

Cook fritters in a pan over a medium heat in a little olive oil for 2 minutes each side or until cooked through.

Combine yoghurt and sweet chilli sauce (or chilli flakes).

Serve fritters with a dollop of sweet chilli yoghurt.

Enjoy!

Jane

