

Zucchini Fritters

Ingredients:

1 small onion
3 large zucchini, trimmed, cut in half lengthways
2 small potatoes, peeled
1 large egg, lightly beaten
1/2 cup (75 grams) plain flour
Salt and freshly ground black pepper
1 cup parsley, chopped
1 teaspoon sea salt
2 teaspoons olive oil
1/4 cup (25g) grated cheese
Extra olive oil for frying

Directions:

Step 1

Toss zucchini and salt together in a large colander and place in sink for 10 minutes.

Step 2

Put zucchini in the middle of a piece of cheesecloth, wrap and squeeze to drain as much moisture from the zucchini as possible.

Step 3

Mix flour, cheese, egg, salt and pepper together in a large bowl. Stir in zucchini.

Step 4

Heat olive oil to medium high.

Step 5

Tablespoon the mixed batter into a frypan until golden brown.