

This project was funded by the Community Support Levy through the Tasmanian Government.

grated carrot & zucchini fritters



PREPARATION

ingredients

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| 2 medium zucchini grated | ¼ teaspoon salt |
| 1 medium carrot grated | Ground black pepper |
| 1 clove garlic grated | 1/3 cup plain flour |
| ½ cup grated cheddar cheese | Olive oil for frying |
| 2 tablespoon finely chopped parsley | ¼ cup grated parmesan cheese |

method

- Cup small handfuls of zucchini in palm of hands and squeeze out excess moisture
- Place zucchini, carrot, garlic, cheese salt and pepper in a bowl Then sift flour into the same bowl and mix
- Heat oil in pan until very hot
- Place a tablespoon of mixture into hand and squeeze into a oval shape Place in pan and cook for 2-3 minutes until fritters are golden underneath Turn and cook other side until golden
- Cook about 5 at a time
- Remove and drain on paper towels
- Repeat with remaining mixture
- Sprinkle with parmesan cheese

