



SPICY ZUCCHINI FRITTERS

ALLERGIES:

No grains
No dairy
No gluten
No nuts

Prep time: 15 mins

Cook time: 15 mins

Makes: 4-6 fritters

INGREDIENTS

- 2 medium zucchini, grated
- 1/2 tsp pink rock salt
- 2 large eggs
- 1/2 cup spring onions, thinly sliced
- 1 tsp crushed garlic
- 1/4 cup fresh coriander, finely chopped
- 1 red chilli, finely chopped
- Juice of 1/2 lime
- 1/4 tsp black pepper
- 3/4 cup potato flour
- Coconut oil for frying



METHOD

- Place grated zucchini into a bowl and sprinkle with salt, mix and leave to stand for 10 minutes to remove the moisture.
- Squeeze in a tea towel and wring out as much moisture as you can.
- Place into a bowl, and add eggs, onions, garlic, coriander, lime juice, pepper and potato flour and mix well.
- Heat coconut oil in a large frying pan over medium heat.
- Form mixture into 4-6 fritters, and fry in pan for 5 minutes on each side.
- Drain and serve with a dollop of plain coconut yoghurt or mayonnaise.