

COURGETTE & SPINACH FRITTERS



QUICK

Approx 15 mins to make but closer to 20 if you make the poached eggs and yoghurt too

HEALTHY

Spinach is high in Vitamin K which is important for maintaining bone health and blood clotting

FAMILY

Makes 18

MEALS

Serve with poached egg and lemon & garlic yoghurt

INGREDIENTS

- 2 medium courgettes
- 90g spinach
- 1 onion
- 2 eggs
- 60g wholemeal flour
- 1 lv tbs ground flaxseeds
- ½ tsp baking powder
- 1 tsp salt and 8 grinds pepper
- 50 ml oil for frying

Optional

- 4 eggs
- 2 tbs natural yoghurt
- 1 lemon – juice and zest
- 1 garlic clove minced
- salt

METHOD

1. Grate courgettes finely put in a bowl, mix in 1 tsp salt
2. Chop onion finely – add to a different bowl
3. Chop spinach – add to onion
4. Put courgette into tea towel and wring out as much of the liquid as you can. Add to other veggies
5. Add 1 tsp salt, eggs, 8 grinds black pepper
6. Put the oil in a large frying pan and start to heat it...
7. In to veggie bowl, add the flour, flaxseeds and baking powder and **mix well**
8. Put 1 tbs mixture in to the hot oil
9. Cook fritters for 3-4 minutes each side or until golden brown.
10. Drain on kitchen roll

Optional

1. Make lemon garlic yoghurt by mixing all of the yoghurt ingredients together in a bowl
2. Serve with a poached egg on top and the lemon garlic yoghurt

