



UCCOOK

Easy Zucchini & Potato Fritters

with Italian-style hard cheese & a chickpea salad

Life's batter with fritters, Chef! Grated zucchini, potato & onion fritters are fried until golden, then plated up next to crispy chickpea, balsamic vinegar-pickled onions, greens & Italian-style hard cheese ribbons. To take this meal from great to fabulous, we've added a dill-infused yoghurt for dipping.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Suné van Zyl

 Veggie

 Groote Post Winery | Groote Post Brut MCC

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Ingredients & Prep

1	Onion <i>peel & thinly slice</i>
15ml	Balsamic Vinegar
120g	Chickpeas <i>drain & rinse</i>
100g	Zucchini <i>rinse & trim</i>
200g	Potato <i>rinse & peel</i>
25ml	Flour Mix <i>(15ml Self-raising Flour & 10ml NOMU One For All Rub)</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Italian-style Hard Cheese <i>peel into ribbons</i>
50ml	Low Fat Plain Yoghurt
3g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel
Tea Towel

1. ONIONS In a bowl, combine a ¼ of the sliced onion, the balsamic vinegar, and seasoning. Set aside in the fridge.

2. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season.

3. FRITTER PREP Grate the trimmed zucchini and the peeled potato, and place in a clean tea towel. Close up tightly and squeeze out as much liquid as possible. Discard the liquid. Place the drained veggies in a bowl. Add 1 egg, the remaining onion (to taste), the flour, and seasoning. Mix until combined. Set aside.

4. FRITTERS Return the pan, wiped down, to medium-high heat with enough oil to cover the base. Carefully drop tablespoon-size balls of batter into the hot oil and cook until crisp and golden, 4-5 minutes. Remove from the pan and drain on paper towel.

5. FRESH SALAD To the bowl with the onions and the vinegar, add the crispy chickpeas, the shredded salad leaves, and the cheese ribbons. Toss to combine and season. In a small bowl, combine the yoghurt and ½ the chopped dill.

6. DINNER IS READY Plate up the fritters. Side with the chickpea salad and the dill-yoghurt for dipping the fritters. Garnish with the remaining dill. Nice one, Chef!

Nutritional Information

Per 100g

Energy	399kJ
Energy	95kcal
Protein	4.7g
Carbs	14g
of which sugars	2.3g
Fibre	2.7g
Fat	1.8g
of which saturated	0.6g
Sodium	84mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Cook
within 3
Days