



UCOOK

Vegetarian Zucchini & Polenta Fritters

with zesty yoghurt & a tomato salad

A full-proof recipe that impresses every time, Chef! Ricotta, baby marrow & polenta-based fritters are elevated with fresh herbs and coated in panko breadcrumbs. Once fried until perfectly golden, dollops of lemon-infused yoghurt are spooned over and the dish is sided with a tangy tomato & peppery basil salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Suné van Zyl

Adventurous Foodie

Stettyn Wines | Stettyn Family Range Chenin Blanc

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Ingredients & Prep

10g	Cashew Nuts <i>finely chop</i>
6g	Mixed Herbs <i>(3g Fresh Mint & 3g Fresh Dill)</i>
200g	Baby Marrow <i>rinse, trim & grate</i>
120ml	Polenta Mix <i>(80ml Polenta & 40ml Self-raising Flour)</i>
50g	Ricotta Cheese
100ml	Panko Breadcrumbs
50ml	Greek Yoghurt
1	Lemon <i>rinse, zest & cut ½ into wedges</i>
15ml	Mrs Balls Chutney
1	Tomato <i>rinse & cut into wedges</i>
1	Onion <i>peel & finely slice ¼</i>
10g	Fresh Basil <i>rinse & pick</i>

From Your Kitchen

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

1. GOLDEN CASHEWS Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Rinse, pick and roughly chop the mixed herbs. Set aside.

2. FRITTER MIXTURE In a small bowl, whisk 1 egg with 50ml of water. In a separate bowl, combine the grated baby marrow, the polenta mix, the ricotta cheese, the toasted nuts, the chopped herbs, and seasoning. Slowly mix in the egg mixture until combined.

3. BETTER WITH CRUMBS Divide the mixture into 4-5 balls per portion and gently flatten to form mini patties. In a shallow dish, add the panko crumbs, and lightly crumb the mini patties.

4. FRY THE FRITTERS Place a pot over medium-high heat with 4-5cm of oil. When the oil is hot, carefully dip the fritters and fry until golden brown and cooked through, 2-3 minutes (shifting occasionally). Remove from the pot and drain on paper towel.

5. ZESTY YOGHURT In a small bowl, combine the yoghurt, the zest, a squeeze of lemon juice (to taste), the chutney, and seasoning. In a separate bowl, toss together the tomato wedges, the onion slices (to taste), the torn basil, a drizzle of olive oil, a squeeze of lemon juice, and season.

6. DIG IN Dish up the fritters, top with dollops of the yoghurt mixture, and side with the tomato & basil salad.

Nutritional Information

Per 100g

Energy	374kJ
Energy	90kcal
Protein	3.4g
Carbs	16g
of which sugars	3.3g
Fibre	1.8g
Fat	1.7g
of which saturated	0.7g
Sodium	27mg

Allergens

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

Eat
Within
4 Days