



# 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Suné van Zyl

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Adventurous Foodie

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Stettyn Wines | Stettyn Family Range Chenin Blanc

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## Ingredients & Prep

30g	Cashew Nuts <i>finely chop</i>
16g	Mixed Herbs <i>(8g Fresh Mint &amp; 8g Fresh Dill)</i>
600g	Baby Marrow <i>rinse, trim &amp; grate</i>
360ml	Polenta Mix <i>(240ml Polenta &amp; 120ml Self-raising Flour)</i>
150g	Ricotta Cheese
300ml	Panko Breadcrumbs
150ml	Greek Yoghurt
2	Lemons <i>rinse, zest &amp; cut 1½ into wedges</i>
45ml	Mrs Balls Chutney
3	Tomatoes <i>rinse &amp; cut into wedges</i>
1	Onion <i>peel &amp; finely slice ¾</i>
30g	Fresh Basil <i>rinse &amp; 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 3 eggs with 150ml 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