



ZUCCHINI RED LENTIL FRITTERS

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 630/SERVING



To make these deliciously crispy fritters, we mix zucchini with tender red lentils, shallot, sweet corn, buckwheat flour and spices. Served over spicy arugula with crunchy cucumbers and creamy lemon tahini dressing and ripe avocado.

WHAT YOU'LL NEED

- Small pot
- Grater
- Large pan
- Clean kitchen towel
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Red lentils	1/4 cup	1/2 cup
Zucchini	1	2
Corn	1/4 cup	1/2 cup
Shallot	1	2
Garlic	2 cloves	4 cloves
Dry blend	1/3 cup	2/3 cup
Arugula	2 cups	4 cups
Baby cucumber	1	2
Lemon	1	1
Tahini	1/4 cup	1/2 cup
Avocado	1	2



Cook the **lentils**: rinse and drain the **lentils** then add to a small pot with 1/2 cup of **water** (1 cup for 4 servings). Bring to a boil then lower to a simmer, cover, and cook for 5-10 minutes until soft but not mushy. Drain and rinse.



Prep your ingredients: grate the **zucchini**, finely dice the **shallot**, mince the **garlic**, slice the **cucumber**, and halve the **lemon** and the **avocado**. Transfer the **grated zucchini** to a clean kitchen towel and squeeze out as much liquid as possible.



Add the **zucchini, red lentils, corn, shallot, garlic, and dry mix** to a bowl along with 1 tsp of **salt** (2 tsp for 4 serving). Mix thoroughly to combine.



Heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Wet hands slightly and form the **mixture** into 4 fritters (8 fritters for 4 servings) and fry for approximately 3-4 minutes on each side, until golden and cooked through (can do 2 batches for 4 servings if needed).



Whisk together the **juice of half the lemon** with the **tahini** and season with salt and pepper.



Divide the **arugula** between bowls and top with the **cucumber, avocado,** and **fritters**. Serve with the **lemon tahini dressing** and **salt** and **pepper** to taste.

Nutrition Facts		Valeur nutritive	
Per Serving (378 g)			
pour 1 (378 g)			
Calories 630		% Daily Value*	
Fat / Lipides 39 g		% valeur quotidienne*	
Saturated / saturés 6 g			52 %
+ Trans / trans 0 g			30 %
Carbohydrate / Glucides 58 g			
Fibre / Fibres 20 g			71 %
Sugars / Sucres 9 g			9 %
Protein / Protéines 22 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 50 mg			2 %
Potassium 1350 mg			29 %
Calcium 175 mg			13 %
Iron / Fer 6.5 mg			36 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			