

zucchini fritters with tzatziki

Created by: @onherplate.nz



Ingredients

- 3 zucchini, finely grated
- 1 tbsp salt
- 1 carrot, finely grated
- 1 egg, beaten
- 1/2 block feta, crumbled
- 1/4 cup cheddar or Parmesan, grated (optional)
- 1/2 cup almond or regular flour
- Elysian Foods Tzatziki
- Salt and pepper to taste

Method

1. Grate the zucchini into a bowl.
2. Sprinkle with salt, stir together and let stand for 20 minutes. The salt will draw the moisture out of the zucchini.
3. Squeeze out the liquid from the zucchini, with either a nut milk bag or cheesecloth, then return to a clean bowl.
4. Add the rest of the ingredients and stir to combine.
5. Pan fry for 5-6 minutes on each side on medium heat or bake for 15-20 minutes at 180 degrees.
6. Top with a huge dollop of Elysian Foods Tzatziki and serve with freshly sliced spring onions.

For more recipes visit
elysianfoods.co.nz

