

Zucchini fritters

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Zucchini fritters

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Zucchini fritters are wonderful as party food as well as making larger ones to serve with a salad as a main meal.

Ingredients (makes 12 canape sized fritters)

- 2 medium-sized [zucchini](#)
- 3 tbsp self-raising flour
- 1 egg
- 50 g marinated goats cheese or [fetta](#), crumbled
- 2 tbsp (green only) spring onion
- 1 garlic clove, crushed
- 2-3 tbsp chopped fresh mint
- 1 tbsp chopped Italian-leaf parsley
- Zest of 1 lemon
- Pinch chilli flakes
- Sea salt
- Freshly ground black pepper
- 1 tbsp butter, melted
- 1 tbsp [olive oil](#)

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To serve:

- [Beetroot](#) relish (store bought, optional)
- Fresh mint leaves

Method

Coarsely grate the zucchini into a clean tea towel, muslin or other fine cloth. Pull the sides of the cloth up, twist and squeeze as much liquid out of the zucchini as possible.

Chop spring onion greens.

Mix the flour and egg together to make a thick and smooth batter. Add the grated zucchini, goat's cheese or fetta, spring onion, garlic, mint, parsley, lemon zest, chilli flakes and season to taste. Stir in the melted butter (melt it in the pan you are going to cook the fritters in – saves on dishes and you have greased your frying pan in advance).

Add oil to the warm pan and spoon dollops of the mixture into the pan. Cook for approximately two minutes each side until golden and the fritters are cooked through the centre.

Serve with relish and fresh mint leaves, scattered on top.

Recipe from [Nellie Kerrison](#) and images by [Tamara Erbacher](#)

NEXT: [Spinach and chickpea fritters \(vegan and gluten free\)](#)

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