



COURGETTE, CUCUMBER AND CAPSICUM FRITTERS

Season:	All year round
From the garden:	Courgette, cucumber, capsicum, mint, spring onion
Type:	entree
Difficulty:	easy
Serves:	makes 24 fritters
Source:	Adapted from: Jennene Plummer , Woman's Day: www.foodtolove.co.nz

Equipment

- Sifter
- Large mixing bowl
- Small bowl
- Mixing spoon
- Grater
- Whisk or fork
- Tea spoon
- Tablespoon
- Paper towels
- knife
- chopping board
- Clean tea towel

Ingredients

- * ½ cup plain flour
- * ½ tsp Baking powder
- * ½ a courgette
- * ½ a cucumber
- * 2 capsicums
- * Small handful of fresh mint leaves
- * 2 long spring onion shoots
- * 2 Bantam eggs (or 1 regular egg)
- * 1 tbsp olive oil
- * Salt and pepper

Method

1. Wash and chop the mint and set aside.
2. Wash and slice the spring onion and set aside.
3. Wash the capsicum, cut in half, deseed, chop into small pieces and set aside.
4. Grate the cucumber and the courgette and set aside.
5. Break the eggs into a small mixing bowl and beat lightly with a fork (or whisk).
6. Sift the flour and baking powder together into a large mixing bowl.

7. Add the beaten eggs, the chopped mint, spring onion, courgette, cucumber and capsicum to the flour and baking powder. Mix until well combined and season with salt and pepper.

8. Heat the olive oil in a large frypan on medium heat. Place teaspoonfuls of the mixture (in batches) into the pan and cook for approximately 3 minutes on each side or until golden brown in colour. Once cooked, place them on a few sheets of paper towel to drain excess oil. Cover with a clean tea towel to keep them warm until ready to serve

These delicious fritters can be eaten as they are or served with a dollop of sorrel and yoghurt dip and then topped with spicy capsicum salsa,