

Broccoli and Zucchini Fritters

Prep Time: 15 minutes
Cook time: 20 minutes
Total time: 35 minutes
Yield: Makes 8

Ingredients:

- 1 cup finely chopped broccoli
- 1/4 cup green peas
- 1 carrot, grated
- 1 small zucchini, grated
- 2 slices bread or 1.5 cups bread crumbs
- 1/2 cup cheese, grated
- 2 Tbsp corn starch
- Salt and pepper to taste
- 3 tbsp canola oil to fry



Method:

1. Add chopped broccoli and green peas to a microwave safe bowl and microwave on high for 2 minutes.
2. Squeeze out the water from the zucchini and add to the bowl along with grated carrot.
3. Microwave on high for another 2 minutes.
4. Add grated cheese, cornflour, salt and pepper to the bowl and mix well.
5. Soak the bread in water and squeeze out the water. Crumble the bread and add to the bowl. Mix well.
6. Divide the batter and shape into patties.
7. Heat oil in a pan and shallow fry the patties in it.
8. Flip when the first side browns.
9. Remove from oil once both sides browns.
10. Squeeze lemon juice on top and serve.

Recipe inspired from: <https://www.oneteaspoonoflife.com/2018/12/broccoli-and-zucchini-fritters.html>