

# COURGETTE & CARROT FRITTERS



Moderate



30 minutes



Lunch/Starter



08 Fritters

## INGREDIENTS

1 courgette  
2 carrots  
½ cup plain flour  
½ tsp baking powder  
¼ teaspoon garlic powder  
¼ teaspoon onion powder  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 egg  
2 tbsp oil



## COOKING STEPS

Using a grater (ideally box), shred the courgettes and carrots. In paper towels or a tea towel, ring out the courgettes and carrots to release excess moisture.

In a large bowl, combine the flour, baking powder, garlic powder, onion powder, salt, and pepper with the courgettes and carrots. Toss to coat.

In a small bowl, whisk egg, then add to the courgette and carrot mixture. Stir to combine.

In a large pan, add the oil and heat over a high-medium heat. Drop about a ¼ cup scoop of the mixture into the pan. Slightly flatten to create a 2-inch patty. Cook until lightly brown and then flip and cook until both sides are evenly browned.