

Courgette and Feta Fritters

@ 7pm 01/07/2020

Ingredients:

Makes 12 Vegetarian

3 medium sized courgettes

Zest of 1 lemon

1 fresh chilli (Red)

1 bunch fresh mint

1 egg

50g plain flour (make sure you have more just in case)

½ teaspoon baking powder

20g parmesan

Pinch oregano

100g feta

Method:

Grate courgettes and mix with lemon zest, parmesan, chilli and finely chopped mint leaves.

Beat egg and mix with courgette mixture. Add flour, oregano and season.

Mix well then add crumbled feta.

Using a good glug of olive oil, heat tablespoons of mixture until golden brown.

Serve with sweet chilli dipping sauce.

Dietary tweaks

Use cornflour or any gluten free flour to serve this as a GF dish