

Zucchini fritters

Ingredients

zucchini, grated on the coarse side

2 spring onions, finely chopped

1 egg

½ cup fresh Italian parsley leaves, chopped

Other herbs chopped finely

Pinch of fine sea salt

½ cup of fresh grated parmesan cheese

Light olive oil for frying

2- 3 tablespoons of self-raising flour depending on consistency.

Needs to be like a non runny batter.

What to do

1. In a large bowl add the grated zucchini, salt, parsley and spring onions. Leave 5 minutes. The zucchini will become slightly watery.
2. Add the parmesan cheese, egg and flour at a time until it resembles a batter, mixing well after each addition.
3. Heat enough oil to come 1cm up the side of the frypan. Drop gently into oil a heaped tablespoon of batter and brown on one side before turning over.
4. Fry in batches until golden brown on both sides. Transfer onto a large tray lined with paper towels to absorb the oil.