

Silver beet fritters

Ingredients

Silver beet leaves – very finely chopped

Silver beet stalks – finely diced

1 cup self-raising flour

¼ cup finely grated parmesan

Lots of parsley – very finely chopped

1 egg, lightly beaten

½ teaspoon salt

¼ teaspoon pepper

Olive oil for frying

WHAT TO DO

1. Into a mixing bowl add chopped silver beet, zucchini, flour, parmesan, parsley, salt, pepper and egg and mix to combine. Add a little water to bring mixture together if too dry.
2. Heat oil in a frying pan over medium-high heat and fry tablespoons of mixture in batches until golden and cooked through (1-2 minutes each side).
3. Season to taste with sea salt and fennel spice.