

Vegetable and prawn fritters with yogurt sauce

- 300 g small young zucchini
- 1 teaspoon sea salt
- 1 cup green beans, sliced
- 200 g asparagus, sliced
- 3-4 green onions/spring onions, sliced
- 200 g prawns, raw, peeled, cleaned and chopped
- 3 eggs
- 3/4 cup flour*
- 1/4 teaspoon baking powder
- 2 cloves garlic, finely chopped
- 1/4 cup mint, chopped
- zest of 1 lemon, finely grated
- salt and pepper, to taste
- olive oil + butter, for frying

Coarsely grate zucchini, along with the skin. Sprinkle with salt, and leave in the strainer for 20-30 minutes then squeeze out the juices (for best result use cheese cloth).

In a bowl, combine squeezed zucchini, green beans, asparagus, green onions and prawns.

In a separate bowl, beat eggs and flour to until smooth. Add baking powder, garlic, mint and lemon zest. Add vegetables mixture; stir well and season with salt and pepper.

In a large skillet, heat mixture of olive oil and butter (it should make relatively thick layer). Fry small fritters (about 2 tablespoons of fritters mixture), over low heat for 2-3 minutes on each side, until they are nicely browned and cooked in the middle. If you want to serve all fritters at once, keep the one, which are already fried in a warm oven.

You should get about 24 fritters. Serve with yogurt sauce.

** you can use self-rising flour and omit the baking powder*

Yogurt Sauce

- 1 cup thick plain yoghurt (e.g. Greek)

- zest of 1 lemon
- 1 tablespoon lemon juice (or to taste)
- 1/2 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1 clove garlic, finely chopped or grated into a paste
- 2 tablespoons mint, chopped

Mix all sauce ingredients in a bowl. Season with salt and pepper to taste.