



Product Spotlight: Zucchini

Did you know that zucchini is a great source of vitamin K, a vitamin which isn't lost during cooking. Vitamin K is essential for healthy bones and blood clotting.



4 Feta and Zucchini Fritters with Crispy Prosciutto

Enjoy all the flavours and textures in this meal. Salty, melty feta in the fritters and crispy prosciutto to top it off. Crunchy coleslaw, delicious eggs and a tasty yogurt and dill sauce.



30 minutes



2-3 servings



Pork

Mix it up!

Turn this dish into breakfast! Fry the eggs, and prosciutto. Cut feta into slices and fry until golden. Chop and add the spring onions into the coleslaw. Grab some bread and your gourmet breakfast is ready.

FROM YOUR BOX

DILL	1 packet
NATURAL YOGHURT	1/3 tub *
ZUCCHINI	1
FETA	1 packet
SPRING ONIONS	2 *
SELF RAISING FLOUR	1 packet (75g)
FREE RANGE EGGS	6-pack
PROSCIUTTO	1 packet (100g)
COLESLAW	1/2 bag (250g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, white wine vinegar

KEY UTENSILS

2 x frypans

NOTES

You can add 1 tsp mustard (seeded or Dijon) to the sauce for extra flavour.

No pork option – prosciutto is replaced with sliced turkey. Tear and serve on the side or slice thinly and add to fritter mix.

No gluten option – self raising flour is replaced with chickpea flour and GF baking powder.



1. MAKE THE SAUCE

Finely chop dill and mix together with yoghurt, **1 tbsp olive oil, salt and pepper** (see notes).



2. MAKE THE FRITTER MIX

Grate zucchini. Use clean hands to squeeze out excess moisture. Grate feta and slice spring onions (keep the green tops for garnish). Mix together in a bowl along with flour and 2 eggs.



3. COOK THE FRITTERS

Heat a frypan over medium-high heat with **oil/butter**. Place 1/2 cupfuls of fritter mixture into the pan. Cook for 3 minutes or until golden, turn over and cook for a further 2 minutes. Remove to a plate and repeat with remaining mixture.



4. COOK THE PROSCIUTTO

Heat a second pan and add the prosciutto. Cook for 2-3 minutes until crispy. Remove to a plate, keep pan over heat.

Add oil to pan if needed. Cook the remaining eggs (use to taste) to your liking.



5. TOSS THE COLESLAW

Toss the coleslaw with **1 tbsp olive oil and 1/2 tbsp vinegar**. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve fritters onto plates topped with an egg, crispy prosciutto and a spoonful of yogurt sauce. Serve coleslaw on the side.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

