



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Zucchini

Zucchini contains high levels of the phytonutrients lutein and zeaxanthin. They prevent eye diseases that cause blindness!



L2

Zucchini and Halloumi Fritters with Poached Eggs

Grated zucchini and halloumi pan-fried fritters served with balsamic roasted cherry tomatoes, poached eggs, fresh avocado and lemon wedges.



30 minutes



2 servings



Vegetarian

24 June 2022

Switch it up!

Instead of grating the halloumi and mixing it with the fritter batter, slice and pan-fry it separately. Serve with the fritters.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	53g	51g

FROM YOUR BOX

SHALLOT	1
CHERRY TOMATOES	1 bag (200g)
ZUCCHINI	1
HALLOUMI	1 packet (180g)
LEMON	1
GF FLOUR MIX	1 packet (50g)
FREE-RANGE EGGS	6-pack
AVOCADO	1
ROCKET LEAVES	1 bag (60g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried dill, balsamic vinegar

KEY UTENSILS

large frypan, saucepan, oven dish

NOTES

Instead of poaching the eggs, you can boil or fry them. Scan the QR code for tips on perfecting your egg cooking techniques. Poaching for 3 minutes will give you soft, runny yolks. Poach for longer depending on your preference.

Protein upsize – protein upsize is pitted Sicilian olives. Rinse olives and add to rocket leaves at step 5.



1. ROAST THE TOMATOES

Set oven to 220°C and bring a saucepan of water to the boil.

Wedge shallot. Toss in a lined oven dish along with cherry tomatoes, **oil, 2 tsp vinegar, salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



4. POACH THE EGGS

See notes.

Meanwhile, turn saucepan of water down to a simmer. Crack eggs to taste into water and poach for 3–6 minutes. Remove from water.



2. PREPARE THE FRITTERS

Grate zucchini and halloumi. Zest lemon to yield 2 tsp. Add to a large bowl along with flour mix, 1 egg, **1 1/2 tsp dill, salt and pepper**. Mix to combine well.



3. COOK THE FRITTERS

Heat a large frypan over medium-high heat with **oil**. Add 1/2 cupfuls of fritter mix to frypan, in batches if necessary. Cook for 3–4 minutes each side until golden and cooked through. Remove to a plate.



5. PREPARE INGREDIENTS

Halve avocado and set aside.

Add rocket leaves to a large bowl along with roasted tomatoes, shallot, juice from 1/2 lemon (wedge remaining), and **1 tbsp olive oil**. Toss to combine.



6. FINISH AND SERVE

Divide fritters among plates. Top with poached eggs. Serve with avocado halves, tossed rocket leaves and lemon wedges.

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**

