



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!



## L4 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

 4 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** 33g **TOTAL FAT** 46g **CARBOHYDRATES** 42g

## FROM YOUR BOX

RED ONION	1
CHERRY TOMATOES	1 bag (400g)
ZUCCHINIS	2
HALLOUMI	1 packet (300g)
LEMON	1
GF FLOUR MIX	1 packet (100g)
FREE-RANGE EGGS	6-pack
AVOCADOS	2
ROCKET LEAVES	1 bag (120g)

## 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 red onion. Toss in a lined oven dish along with cherry tomatoes, **oil, 1 tbsp vinegar, salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



### 2. PREPARE THE FRITTERS

Grate the zucchinis and halloumi. Zest lemon to yield 1 tbsp. Add to a large bowl along with flour mix, **1 egg, 3 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.



### 4. POACH THE EGGS

See notes.

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



### 5. PREPARE INGREDIENTS

Halve avocados and set aside.

Add rocket leaves to a large bowl along with roasted tomatoes, red onion, juice from 1/2 lemon (wedge remaining), and **2 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](mailto:hello@dinnertwist.com.au)

