



## 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.





4 servings



# 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

33g 46g

6g

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.



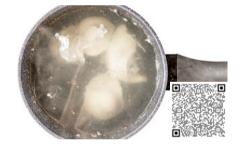
#### 2. PREPARE THE FRITTERS

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.

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