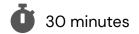




Broccoli Fritters with Crunchy Apple Salad

Veggie-packed fritters served with a delicious dip and fresh crunchy salad.





2 servings



If you are looking to speed up your prep time, you could use a food processor to cut your vegetables. Alternatively, if you don't feel like making fritters, roast the vegetables to make a salad.

20g

FROM YOUR BOX

BROCCOLI	1
CHICKPEA FLOUR MIX	1 packet (80g)
GREEN APPLE	1
WATERCRESS	1 sleeve
DIP	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, cayenne pepper

KEY UTENSILS

large frypan

NOTES

If you prefer your dish to be mild you could use paprika or smoked paprika instead of cayenne pepper.

The chickpea flour mixture contains chickpea flour and chia seeds.



1. PREPARE THE MIXTURE

Finely chop broccoli. Add to a large bowl along with chickpea flour mix, 1 tbsp cumin, 1/4 tsp cayenne pepper (see notes), 1 cup water, salt and pepper. Mix well to combine.



2. COOK THE FRITTERS

Heat a frypan over medium-high heat with oil. Add 1/2 cupfuls of batter to pan. Cook for 3-4 minutes each side until golden brown. Remove to paper towel to drain.



3. PREPARE THE SALAD

In a large bowl whisk together 1 tbsp olive oil, salt and pepper. Thinly slice apple. Add to bowl along with watercress. Toss to combine.



4. FINISH AND SERVE

Divide fritters among plates. Serve with dip and salad.



