



### Product Spotlight: Chickpea Flour

Chickpea flour, also known as besan flour is popular in Asian and Indian cuisine. It is high in protein, iron and fibre.



## 3 Crispy Corn & Zucchini Fritters

Golden fritters full of sweet corn kernels, zucchini and spring onion, served with roast dutch carrots and a fresh pear salad.

 30 mins

 2 servings

 Plant-Based

2 April 2021

*Mix it up!*

*These fritters can be transformed into burger patties! Make them slightly larger and serve in a bun with the salad and capsicum dip.*

Per serve: **PROTEIN** 13g **TOTAL FAT** 17g **CARBOHYDRATES** 63g

## FROM YOUR BOX

DUTCH CARROTS	1 bunch
CHICKPEA FLOUR/FLAXSEED MIX	1 packet (60g)
ZUCCHINI	1/2 *
CORN COB	1
SPRING ONION	1
BABY COS LETTUCE	1
GREEN PEAR	1
CELERY STALK	1
CAPSICUM DIP	1 tub

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried tarragon, apple cider vinegar

## KEY UTENSILS

large frypan, oven tray

## NOTES

Do not squeeze out excess moisture from zucchini as this will help to bind the mixture together.



### 1. ROAST THE CARROTS

Set oven to 220°C.

Trim carrots and toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.



### 2. PREPARE FRITTER MIX

Combine chickpea flour mix in a large bowl with **2 tbsp water**. Grate zucchini (see notes). Remove corn from cob and slice spring onion. Stir through mixture along with **1/2 tsp dried tarragon, salt and pepper**. Set aside.



### 3. WHISK DRESSING

Whisk together **1 tbsp olive oil, 1/2 tbsp apple cider vinegar, salt and pepper**. Set aside.



### 4. PREPARE SALAD

Separate and rinse lettuce leaves. Slice pear and celery. Toss in a large salad bowl.



### 5. COOK THE FRITTERS

Heat a frypan over medium–high heat with **oil**. Add 1/4 cup batter per fritter to the pan. Cook in batches for 3–4 minutes on each side or until golden and cooked through.



### 6. FINISH AND PLATE

Divide roast carrots, fritters and salad among plates. Serve with capsicum dip to taste.

**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**

