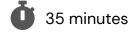


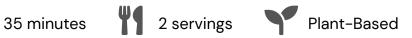


Zucchini and Capsicum Fritters with Succotash

Zucchini and capsicum fritters served with a succotash of vegetables and butter beans.







Make it fresh!

Instead of cooking your ingredients to make a succotash, keep all the ingredients fresh to make a corn salsa. Serve alongside the fritters.

TOTAL FAT CARBOHYDRATES

25g 84g

FROM YOUR BOX

ZUCCHINI	1
SPRING ONIONS	1/3 bunch *
CORN COB	1
CHERRY TOMATOES	1/2 bag (100g) *
TINNED BUTTER BEANS	400g
GREEN CAPSICUM	1/2 *
CHICKPEA FLOUR	1 packet (60g)

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds, white wine vinegar

KEY UTENSILS

2 frypans

NOTES

Serve with your favourite chutney or coconut yoghurt mixed with garlic and fresh herbs.



1. PREPARE THE FRITTERS

Grate zucchini and add to a bowl with **salt.** Let sit for a few minutes then squeeze out excess liquid.



2. PREPARE THE SUCCOTASH

Heat a large frypan over medium-high heat. Slice spring onions (reserve green tops for garnish), add to pan as you go. Remove corn kernels from cob and halve cherry tomatoes. Add to pan along with butter beans (including liquid). Cook for 10–12 minutes, until vegetables are tender.



3. COOK THE FRITTERS

Finely dice capsicum. Add to bowl with zucchini along with chickpea flour, 1 tsp fennel seeds and pepper. Heat a second frypan over medium-high heat with oil. Cook 1/4 cupfuls of batter for 3-5 minutes each side or until crispy. Remove to plates to serve.



4. DRESS THE SUCCOTASH

Stir 2 tsp vinegar into succotash. Season with salt and pepper.



5. FINISH AND SERVE

Divide succotash among plates. Serve with fritters and garnish with reserved spring onion green tops (see notes).



