




Product Spotlight: Carrot


Carrots are rich in beta-carotene, an essential nutrient that enables healthy growth in children, plays a significant role in building immunity and also has anti-ageing properties.



2 Coriander Carrot Fritters

Sweet carrot fritters with coriander and chickpea flour, served with a fresh topping of pear salad, topped with pepitas, hemp seeds and marinated nut feta.

 25 mins

 2 servings

 Plant-Based

30 April 2021

Bulk it out!

Add some extra vegetables, like zucchini, corn or peas, to your fritter mix. That way you can have bigger fritters, or make extra for another meal.

Per serve: **PROTEIN** 20g **TOTAL FAT** 43g **CARBOHYDRATES** 44g

FROM YOUR BOX

CHICKPEA FLOUR MIX	1 packet (45g)
CARROTS	2
CORIANDER	1/2 bunch *
SNOW PEAS	150g
PEAR	1
ROCKET	1/2 packet (60g) *
HEMP SEED MIX	1 packet
MARINATED NUT FETA	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground coriander, vinegar of choice

KEY UTENSILS

large frypan

NOTES

There's no need to add oil to the pan when toasting seeds.



1. MIX THE CHICKPEA FLOUR

In a large bowl, mix the chickpea flour mixture with **3 tbsp water**. Grate carrots and roughly chop coriander, stir in bowl, season with **1 tsp ground coriander, salt and pepper**.



2. MAKE DRESSING

In a bowl, whisk together **1 tsp vinegar, 1/2 tbsp olive oil, salt and pepper**.



3. PREPARE TOPPINGS

Trim and slice snow peas, place in large bowl. Slice pear and add to the bowl along with rocket.



4. TOAST HEMP SEEDS

Heat a frypan over medium-high heat (see notes). Toast the hemp seed mixture for 4-5 minutes until they are just taking colour



5. COOK FRITTERS

Reheat frypan over medium-high heat with **oil**. Divide batter into two fritters, press down into the pan to flatten out, cook for 4-6 minutes on each side.



6. FINISH AND PLATE

Toss dressing through toppings.

Divide fritters evenly among plates, serve with fresh toppings, sprinkle over seeds and spoon over nut feta.

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**

