



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Cherry Tomatoes


Did you know tomatoes are classified as an everyday super fruit? Naturally high in lycopene, they may help protect your DNA from damage which in turn, helps prevent various cancers.



## 3 Zucchini and Capsicum Fritters with Succotash

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

 35 minutes

 4 servings

 Plant-Based

12 November 2021

## 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.*

Per serve: **PROTEIN** 26g **TOTAL FAT** 14g **CARBOHYDRATES** 86g



## FROM YOUR BOX

ZUCCHINIS	2
NUT-BASED CHEESE	1 block
SPRING ONIONS	1/3 bunch *
CORN COBS	2
CHERRY TOMATOES	1/2 bag (200g) *
TINNED BUTTER BEANS	2 x 400g
GREEN CAPSICUM	1
CHICKPEA FLOUR	1 packet (120g)

*\*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 zucchinis and cheese. Add to a large 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 cobs 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, **2 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 **1 tbsp 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).

**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](mailto:hello@dinnertwist.com.au)

