



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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



4 servings



Plant-Based

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### *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	TOTAL FAT	CARBOHYDRATES
	13g	22g	39g

## FROM YOUR BOX

CHICKPEA FLOUR MIX	1 packet (90g)
CARROTS	4
CORIANDER	1/2 bunch *
SNOW PEAS	150g
CELERY STALKS	2
PEARS	2
ROCKET	1/2 bag (100g) *
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, saucepan

## 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 **5 tbsp water**. Grate carrots and roughly chop coriander, stir in bowl, season with **1 tbsp ground coriander, salt and pepper**.



### 2. MAKE DRESSING

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



### 3. PREPARE TOPPINGS

Trim and slice snow peas, place in large bowl. Dice celery and slice pears, 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 four 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**

