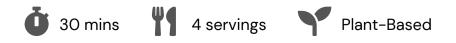


Product Spotlight: Chickpea Flour

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 onions, served with roast dutch carrots and a fresh pear salad.



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 TOTAL FAT CARBOHYDRATES 12g 16g 62g

FROM YOUR BOX

| DUTCH CARROTS | 1 bunch |
|-----------------------------|-----------------|
| PARSNIPS | 2 |
| CHICKPEA FLOUR/FLAXSEED MIX | 1 packet (120g) |
| ZUCCHINI | 1 |
| CORN COBS | 2 |
| SPRING ONIONS | 1/3 bunch |
| GEM LETTUCE | 3 pack |
| GREEN PEARS | 2 |
| CELERY STALKS | 2 |
| 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 parsnips and toss on a lined 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 **1/3 cup water.** Grate zucchini (see notes). Remove corn from cobs and slice spring onions. Stir through mixture along with **1 tsp dried tarragon, salt and pepper.** Set aside.



3. WHISK DRESSING

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



4. PREPARE SALAD

Separate and rinse lettuce leaves. Slice pears 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 vegetables, fritters and salad among plates. Serve with capsicum dip to taste.



