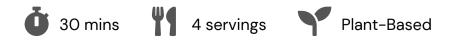


# Product Spotlight: Chickpea Flour

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.



