




### 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.

 30 mins

 4 servings

 Plant-Based

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** 12g **TOTAL FAT** 16g **CARBOHYDRATES** 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.

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