




### Product Spotlight: Quinoa

It looks like a grain, but quinoa is actually a seed. It comes in black, white and red varieties and is full of protein, with a chewy texture and nutty flavour.



## 3 Golden Zucchini Fritters with Chopped Mint Salad

Organic mixed quinoa with spiced zucchini fritters, diced cucumber and mint salad and finished with a roast capsicum dressing.

 35 minutes

 4 servings

 Plant-Based

16 November 2020

### Stretch the dish!

Add some corn kernels or mashed potato to the fritter mix to make an extra batch. If you're sensitive to spice you can serve these fritters with a cool yoghurt or coconut yoghurt.

Per serve: **PROTEIN** 14g **TOTAL FAT** 16g **CARBOHYDRATES** 51g



## FROM YOUR BOX

ORGANIC MIXED QUINOA	1 packet (200g)
CONTINENTAL CUCUMBER	1
TOMATOES	2
SHALLOT	1
MINT	1/2 bunch *
LEMON	1
ROAST CAPSICUM DIP	1 tub (75g)
POTATO BITES MIX	1 packet
ZUCCHINI	1

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

The mixture may appear dry at first but the liquid from the zucchini will loosen it up as you stir. If you need more liquid simply add more water a tablespoon at a time.



### 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to the boil and simmer for 15 minutes or until tender. Drain and rinse.



### 2. MAKE THE SALAD

Dice cucumber and tomatoes. Thinly slice shallot and roughly chop mint leaves (to taste). Toss together with **1 tbsp olive oil**, **salt and pepper**. Set aside.



### 3. MAKE THE DRESSING

Zest lemon and set aside. Whisk together juice from 1/2 lemon (wedge remaining) with capsicum dip and **1 tbsp water**. Set aside.



### 4. PREPARE FRITTER MIX

Stir to combine dry potato mix with **1/3 cup water**. Grate zucchini and add to mixture with lemon zest and mix well to combine (see notes).



### 5. COOK THE FRITTERS

Heat a large frypan over medium-high heat and cover base with **oil**. Spoon in 1/4 cupfuls of fritter mix and cook for 4-5 minutes each side (in batches if needed) until golden and cooked through.



### 6. FINISH AND PLATE

Divide quinoa, salad and fritters among bowls. Spoon over dressing to taste. Serve with lemon wedges.

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