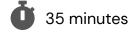




Golden Zucchini Fritters

with Chopped Mint Salad

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







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.

TOTAL FAT 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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