

**Product Spotlight:  
Zucchini**

Zucchini is a fruit, although most times prepared and cooked as a vegetable. It is attached to an edible yellow flower.



## Zucchini and Halloumi Fritters with Poached Eggs

Grated zucchini and halloumi fritters served with balsamic roasted cherry tomatoes, poached eggs, fresh avocado and lemon wedges.



30 minutes



2 servings



Vegetarian

### Switch it up!

*Instead of grating the halloumi and mixing it with the fritter batter, slice and pan-fry it separately. Serve with the fritters.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	60g	41g

## FROM YOUR BOX

SHALLOT	1
CHERRY TOMATOES	200g
ZUCCHINI	1
HALLOUMI	1 packet
LEMON	1
FRITTER MIX	1 packet
FREE-RANGE EGGS	6-pack
AVOCADO	1
ROCKET LEAVES	60g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried herb (dill, thyme or oregano), balsamic vinegar

## KEY UTENSILS

large frypan, saucepan, oven dish

## NOTES

Instead of poaching the eggs, you can boil or fry them. Scan the QR code for tips on perfecting your egg cooking techniques. Poaching for 3 minutes will give you soft, runny yolks. Poach for longer depending on your preference.

*Fritter mix: plain flour, baking powder.*



### 1. ROAST THE TOMATOES

Set oven to 220°C and bring a saucepan of water to a boil.

Wedge **shallot**. Toss in a lined oven dish along with **cherry tomatoes**, **oil**, **2 tsp balsamic vinegar**, **salt and pepper**. Roast for 15–20 minutes until vegetables are tender.



### 4. POACH THE EGGS

Meanwhile, turn saucepan of water down to a simmer. Crack remaining 4 **eggs** into water and poach for 3–6 minutes (see notes). Remove from water.



### 2. PREPARE THE BATTER

Grate **zucchini** and season lightly with **salt**. Set aside on a plate. Grate **halloumi** and zest **lemon**. Place in a large bowl with **fritter mix**, **2 eggs** and **2 tsp dried herb**. Squeeze out liquid from zucchini with your hands and add to bowl, combine well.



### 5. PREPARE INGREDIENTS

Halve **avocado** and set aside.

Add **rocket leaves** to a large bowl along with roasted tomatoes, shallot, juice from 1/2 lemon (wedge remaining), and **1 tbsp olive oil**. Toss to combine.



### 3. COOK THE FRITTERS

Heat a large frypan over medium-high heat with **oil**. Add 1/4 cupfuls of batter to frypan (cook in batches) and cook for 3–4 minutes each side until golden and cooked through. Set aside on a plate as you go.



### 6. FINISH AND SERVE

Divide fritters among plates. Top with poached eggs. Serve with avocado halves, tossed rocket leaves and lemon wedges.



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