



Zucchini Ricotta Fritters

Golden ricotta fritters that are crispy on the outside and creamy on the inside, served with roast sweet potato and a fresh salad.



40 minutes



Vegetarian



2 servings

FROM YOUR BOX

SWEET POTATO	500g
BABY COS LETTUCE	1
CHERRY TOMATOES	200g
ZUCCHINI	1
CARROT	1
ROSEMARY	1 sprig
RICOTTA	250g
PANKO CRUMBS	40g

FROM YOUR PANTRY

oil for cooking, salt and pepper, flour of choice (see notes)

NOTES

We used plain flour.

No gluten option – panko crumbs are replaced with GF breadcrumbs.

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1. ROAST THE SWEET POTATO

Set oven to 220°C. Dice **sweet potato** and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.

TIP *You can cut the sweet potato into wedges or rounds. Cook in an air fryer if preferred.*

2. PREPARE THE SALAD

Separate and rinse **cos lettuce leaves**. Halve **tomatoes**. Set aside.

TIP *Add sliced cucumber, avocado or capsicum for a larger side salad. You can dress with a vinaigrette of choice or squeeze of lemon juice.*

3. COOK THE FRITTERS

Grate **zucchini** and squeeze out excess liquid. Grate **carrot** and chop **rosemary leaves**. Combine in a large bowl with **ricotta, panko crumbs, 1 tbsp flour, salt and pepper** (see notes). Heat a large frypan over medium–high heat with **oil**. Shape 1/4 cupfuls mixture using wet hands. Add to pan, flatten slightly and cook for 3–4 minutes each side until golden and cooked through. Repeat with remaining mixture.

TIP *Lemon pepper, dried tarragon, lemon zest, crushed garlic or parmesan cheese can be added for flavour. Use 2 frypans to speed up the process.*

4. FINISH AND SERVE

Serve **ricotta fritters** with **roast sweet potato** and **salad**.

TIP *Serve with relish or chutney of choice.*

This recipe has simplified instructions to help lower your meal cost.