



## 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



4/6 servings

## FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATO	1kg	1.5kg
BABY COS LETTUCE	1	2
CHERRY TOMATOES	200g	200g
ZUCCHINIS	2	2
CARROT	1	2
ROSEMARY	1 sprig	1 sprig
RICOTTA	500g	500g
PANKO CRUMBS	2 x 40g	2 x 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**s and squeeze out excess liquid. Grate **carrot** and chop **rosemary leaves**. Combine in a large bowl with **ricotta, panko crumbs, 2 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.**