



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Green Apples

This humble little fruit is a good source of the polyphenol Quercetin, an antioxidant linked to lowered risk of cancer.



## 3 Broccoli Fritters with Whipped Feta

Chockfull of veggies, these fritters served with a zingy lemon zest whipped feta and fresh crunchy salad are the perfect solution.

 30 minutes

 2 servings

 Vegetarian

7 January 2022

## Speed it up!

*If you are looking to speed up your prep time, you could use a food processor to cut your vegetables. Alternatively, if you don't feel like making fritters, roast the vegetables to make a salad.*

Per serve: **PROTEIN** 39g **TOTAL FAT** 30g **CARBOHYDRATES** 60g

## FROM YOUR BOX

BROCCOLI	1
CHICKPEA FLOUR MIX	1 packet (80g)
LEMON	1
FETA CHEESE	1 packet
GREEN APPLE	1
WATERCRESS	1 sleeve

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, cayenne pepper

## KEY UTENSILS

large frypan, stick mixer

## NOTES

If you prefer your dish to be mild you could use paprika or smoked paprika instead of cayenne pepper.

You can skip making the whipped feta if preferred. Simply crumble the feta over the fritters to serve.

The chickpea flour mixture contains chickpea flour and chia seeds.

**Protein upsize – protein upsize is 1 tub smoked tomatoes.** Add tomatoes to the salad and toss to combine.



### 1. PREPARE THE MIXTURE

Finely chop broccoli. Add to a large bowl along with chickpea flour mix, **1 tbsp cumin, 1/4 tsp cayenne pepper** (see notes), **1/2 cup water, salt and pepper**. Mix well to combine.



### 2. COOK THE FRITTERS

Heat a frypan over medium-high heat with **oil**. Add 1/2 cupfuls of batter to pan. Cook for 3-4 minutes each side until golden brown. Remove to paper towel to drain.



### 3. MAKE WHIPPED FETA

Zest and juice 1/2 lemon (wedge remaining). Add to a jug (see notes) along with feta, **1 tbsp water and pepper**. Use a stick mixer to blend to a smooth consistency.



### 4. PREPARE THE SALAD

In a large bowl whisk together **1 tbsp olive oil, salt and pepper**. Thinly slice apple. Add to bowl along with watercress. Toss to combine.



### 5. FINISH AND SERVE

Divide fritters among plates. Serve with whipped feta, salad and lemon wedges.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

