

Courgette & Feta Fritters

Makes: 18-20 Fritters

Ingredients

500g Courgettes, grated
85g Gram flour (chickpea flour)
2 Eggs, beaten
150g Feta cheese, finely crumbled
1 Tsp dried mint
2 Tbsp finely chopped basil
Zest of lime
½ Tsp smoked Paprika (optional)
1-2 Tbsp olive oil
Salt and black pepper



Instructions

Grate courgettes and place on strong kitchen paper or in a clean tea towel and then squeeze all the liquid out of the courgette.

Put the flour in a large bowl and season it with salt and pepper. Make a well in the centre and add the whisked eggs, mix them into the flour until you have a smooth batter (add a little milk or water if it's too thick).

Add the grated courgettes, crumbled feta, herbs, lime zest and paprika (optional), to the batter and stir thoroughly to make a fairly wet mixture.

Heat a teaspoon of oil in a large non stick frying pan. Add large tablespoons of the batter and flatten them with the back of the spoon until they are roughly the size of the palm of your hand. You should be able to cook four fritters at a time. Cook the fritters on each side for 1-2 minutes until golden brown. Add a little oil before you cook each batch so they don't stick to the pan.

Nutrition information:

Each Fritter:

Kcal	53
Fat	3g
Net Carbs	2.5g
Protein	3.3g