

# Zucchini & Feta Fritters

**Serves: 4**

**From the Garden:** zucchini, thyme, onion, garlic

## Ingredients:

2 eggs, lightly whisked  
1/2 cup S. R. flour  
2 tbsp buttermilk  
3 (400g approx.) green zucchini  
100g feta  
1 small onion  
1 tbsp thyme  
1 garlic clove  
Sunflower oil  
Sea salt and freshly ground black pepper

## Equipment:

Basic toolbox, box grater, garlic crusher, non stick frying pan, non-stick tongs and lifter.

## Method:

1. Line a baking sheet with paper towel and set aside.
2. Crack eggs into small bowl and lightly whisk, set aside.
3. Wash and dry the thyme thoroughly, chop finely and place into a large mixing bowl.
4. Peel the onion, dice finely and place into bowl.
5. Peel garlic, crush with a garlic crusher and place into the bowl.
6. Weigh out the feta and crumble into small pieces into the bowl.
7. Measure out the buttermilk and place into the bowl.
8. Measure out the S.R. flour and place into the bowl.
9. Wash and dry the zucchini thoroughly. Grate zucchini using the coarse side of the box grater. Add to bowl with other ingredients. Add a sprinkle of sea salt and some freshly ground black pepper and mix thoroughly.
10. Place the non-stick frying pan onto a stove burner and place on medium heat. Add 2 tbsp of sunflower oil. Once the oil has heated up drop spoonfuls of the fritter mixture into the pan and flatten slightly. Cook both sides until light golden brown. You may need to add extra oil between batches.
11. When the fritters are cooked, place onto the paper towel to drain excess oil.
12. Arrange onto serving platters, garnish with a sprig of thyme and serve immediately.
13. These fritters can be eaten on their own, with a drizzle of lemon juice or a yoghurt or sweet chilli sauce.

Enjoy!

**Tasks within two \* \_\_ \* means please get an adult to help.**

Recipe reference: "Good Taste" magazine, June 2005, recipe by Amanda Kelly