

Carrot, Kale, Coriander and Feta Fritters

Preparation time

10 minutes

Cooking time

12 minutes

Serves

10

Recipe courtesy of

Caroline Trickey, Accredited Practising Dietitian (APD)



Ingredients

Method

Nutrition

1 cup grated carrot (1 medium carrot)

1 cup finely chopped kale (2 leaves kale, deveined)

¼ cup fresh coriander, finely chop

¼ cup crumbled feta (35g)

½ cup besan flour (chickpea flour)

1 tbsp toasted sesame seeds, optional

1 egg, beaten

½ cup water

pinch of salt

freshly ground black pepper

extra virgin olive oil

1. Add into a bowl the carrot, kale, coriander, feta, besan flour, sesame seeds, egg, water, salt and pepper and mix to combine.
2. Heat a frying pan over medium heat.
3. When hot, add about a tablespoon of olive oil then spoon dollops of the fritter mix into the frying pan, being careful not to crowd the pan.
4. Cook for 2-3 minutes each side, until cooked through and golden brown.
5. When cooked, place on paper towel to absorb any excess oil.
6. Repeat with oil and remaining mix.
7. Serve warm fritters with your choice of chutney, green tahini or chilli sauce and salad.

Nutritional information is provided per serve

Energy 233kJ (56 calories)

Protein 3g

Saturated Fat 1g

Total Fat 3g

Carbohydrates 3g

Sugars 1g

Dietary Fibre 62g

Sodium -