Carrot, Kale, Coriander and Feta Fritters

Preparation time
10 minutes

Cooking time
12 minutes

Serves
10

Recipe courtesy of
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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

Engery	233kJ (56 calories)
Protein	3g
Saturated Fat	1g
Total Fat	3g
Carbohydrates	3g
Sugars	1g
Dietary Fibre	62g
Sodium	-