

# Vegetable Fritters



Bialik College Kitchen Garden Program

## Ingredients:

- 1 zucchini
- ½ sweet potato
- 1 large potato
- ½ onion
- 3 eggs
- 2 tablespoons parsley leaves
- 1 cup plain flour
- 2 tablespoons cornflour
- Salt and pepper
- Rice bran oil (for frying)

## Equipment:

- Metric measuring cups and spoons
- Chopping board
- Cook's knife
- Mixing bowls, large and small
- Wooden spoon
- Box grater
- Fork
- Large frying pan

## Method:

1. Peel and grate the potato using a box grater.
2. Peel and grate the sweet potato using a box grater.
3. Finely chop the onion using your safe knife skills.
4. Grate the zucchini and then squeeze as much water out as possible using your hands and paper towel.
5. Crack the eggs into a small bowl and lightly whisk using a fork.
6. Place grated vegetables, finely chopped onion and whisked eggs into a large mixing bowl.
7. Add plain flour, cornflour and season with salt and pepper. Mix with a wooden spoon to combine.
8. Fry spoonfuls of the mixture in a large frying pan with some oil until golden brown on both sides.
9. Serve with tzatziki and vegetable sticks. Enjoy! 😊