

Corn, Zucchini and Chickpea Fritters

Serves: 4 (makes 12)

Prep time: 15 minutes

Cook time: 25 minutes



2 serves per portion

Ingredients

400g chickpeas can, drained and rinsed

½ cup milk, reduced fat

2 eggs

¾ cup wholemeal flour, self-raising

1 large zucchini, grated with skin on

310g can corn kernels, drained and rinsed

2 tablespoons mint, chopped

3 spring onions, thinly sliced

3 tablespoons olive oil

Method

BLEND chickpeas in a food processor until roughly chopped.

WHISK milk and eggs in a small bowl. Place flour in another bowl and slowly add milk mixture, whisking until smooth.

STIR in chickpeas, zucchini, corn, mint and onion.

HEAT tablespoon of oil in a frying pan over medium heat. Add ¼ cup of mixture to the pan and spread slightly with spatula. Repeat with rest of the mixture.

COOK patties for 2-3 minutes each side or until golden and cooked through.

OPTIONAL: serve with our tomato chutney recipe.



Everyday Food

Recipe courtesy of Patsy Carrol, Chinchilla Branch