

## Zucchini Fritters

Gill from Grow lightly

### Ingredients

3 Healthy Zucchini – Weight approx. 1Kilo

1 egg or 2

½ cup Self Raising flour

Spring Onions - chopped

½ cup Cheese – preferably parmesan cheese but you can use tasty

Salt

Nutmeg

Parsley – chopped up

[Optional herbs –tarragon, Marjoram]

Optional veggies - Chopped up potatoes.

### **Method**

- 1] Grate zucchini - squeeze together to get all the water out.
- 2] Fry the potatoes first and then add to the mashed up Zucchini mix.
- 3] Mash up into a pile and drop into a hot frying pan with butter in. Turn  
Turn the heat down and fry until golden brown. Approx 10 mins.
- 4] Serve with salad.
- 5] Mixture can be frozen into ice cube trays to be used at a later date.

