



VEGETABLE FRITTERS

Ingredients

- 2 potatoes, peeled and grated
- 1 carrot, peeled and grated
- 1 zucchini, grated
- 2 spring onions, chopped
- 125g can corn kernels, drained
- 1/2 cup self-raising flour
- 1/2 teaspoon salt and pepper
- 1/4 bunch parsley, chopped
- 2 eggs
- Oil to spray

Method

1. Each student to prepare a vegetable and add to bowl
 - Peel and grate potatoes
 - Peel and grate carrot
 - Grate zucchini
 - Chop spring onion
 - Chop parsley
2. Crack eggs into small bowl and whisk with fork.
3. Add corn, salt, pepper, flour, and beaten eggs to large bowl with vegetables.
4. Use a wooden spoon to mix.
5. Turn on electric fry pan to medium heat.(Adult job)
6. Spray oil into electric fry pan and heat for 5 seconds. (Adult job)
7. Add 1/4 cup of the mixture and cook for 3–5 minutes. Cook 2 at a time.
8. Using an egg flip, turn and cook for a further 3–5 minutes on the other side.