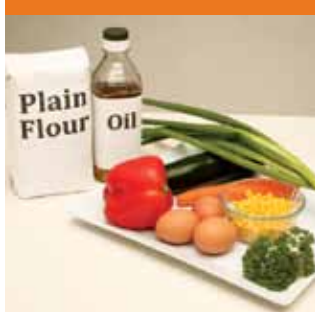


Vegetable Fritters



Ingredients



For your class (20):

- 1 carrot
- 1 zucchini
- 1 red capsicum
- ½ cup corn kernels
- 2 spring onions
- 1 tablespoon parsley
- 1½ cups plain flour
- 3 eggs
- oil for frying

For your family (4):

- 1 carrot
- 1 zucchini
- 1 red capsicum
- ½ cup corn kernels
- 2 spring onions
- 1 tablespoon parsley
- 1½ cups plain flour
- 3 eggs
- oil for frying



Equipment:

- chopping board
- fry pan
- knife
- wooden spoon
- grater
- mixing bowl



- 1** Grate the carrot and zucchini. Finely chop the capsicum, spring onions and parsley. Place ingredients in a large bowl.



- 2** Add flour and whisked egg. Stir to combine.



- 3** Heat about 1 teaspoon of oil in a frying pan. Once hot, drop 1 tablespoon of mixture per fritter into the pan.



- 4** Cook for 2-4 minutes (medium heat) each side until golden & cooked through. Serve with dipping sauce like sour cream & sweet chilli, or topped with salsa.