

Family Meal

ZUCCHINI AND HALOUMI FRITTERS

These vegetable fritters, made with zucchini, carrot, corn, and capsicum, are sure to be a hit with the whole family. Great as a snack hot or cold, pop them in the lunch box or serve them as part of the main meal.

INGREDIENTS

1 red capsicum, diced	80g haloumi, grated
1 carrot, grated	2 eggs
1 zucchini, grated	1/2 cup flour
1 corn on the cob, corn cut off	1 tbsp oil, for frying
1 tbsp parsley, finely chopped (optional)	Salt and pepper for seasoning

**JUNIOR CHEF
CHALLENGE**



UP FOR THE CHALLENGE?
SCAN THE QR CODE AND
FIND A RECIPE TO MAKE YOUR
OWN FRESH TOMATO RELISH!



SOUTH
MELBOURNE
MARKET
SINCE 1867



ZUCCHINI AND HALOUMI FRITTERS



METHOD

STEP 1

Remove excess moisture

- Place the grated carrots and zucchini on a clean cloth and squeeze as much water out of them as possible. Place in a mixing bowl.

STEP 2

Combine ingredients

- Add the capsicum, corn, parsley, and haloumi and mix until combined.
- Add the eggs and mix until combined.
- Add the flour and mix until combined.
- Add salt and pepper as desired.

STEP 3

Pan fry fritters

- In a large frying pan, heat 1/2 tbsp of the oil on medium low heat. Scoop large tablespoon with the mixture and drop into the pan. Flatten slightly with a fork or spatula. Fry for about 3 to 4 minutes on each side until golden and crispy.

- Transfer to a plate lined with paper towel.
- Serve as is or with yoghurt and a side salad. For those up for the challenge, check out our tomato relish recipe using the QR code below!



MAKE SURE A PARENT OR GUARDIAN ARE ASSISTING YOU WITH THE HOT STOVE.

TIPS:

MAKE IT EGG-FREE: SWAP OUT THE EGGS FOR FLAX EGGS.

MAKE IT DAIRY FREE: THE HALOUMI CHEESE PROVIDES FLAVOUR BUT IF ELIMINATING YOU MAY WISH TO ADD MORE FLAVOUR THROUGH HERBS OR SEASONING.

LIKE IT MEATY? ADD IN A HANDFUL OF DICED BACON TO ADD SOME EXTRA FLAVOUR.



JUNIOR CHEF CHALLENGE:

Scan the QR code to make your own fresh tomato relish!

