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HELPING KEEP TASSIE KIDS HEALTHY!

## Vegetable Fritters | Green recipe

Serves 8 large or 16 small

### Ingredients:

4 potatoes (400g), peeled and grated  
2 carrots (150g)  
3 zucchinis (360g) grated  
250g corn kernels, drained  
2 onions, chopped  
1 cup self-raising flour  
½ tsp salt  
½ cup chopped continental parsley  
6 eggs, separated  
3 tablespoons olive oil

### Method:

Peel potatoes and carrot. Grate into a bowl. Add zucchini, corn, onion, flour, salt, parsley and egg yolks into a bowl. Stir to combine.

Place egg whites into a bowl and beat until stiff peaks form. Fold through vegetable mixture.

Heat a large pan over medium heat. Add a little oil. Add 1/3 cup of the mixture and cook for 5 minutes. Cook 4 at a time. If you have a larger pan you may be able to cook more at once.

Turn and cook for a further 5-8 minutes. Repeat.