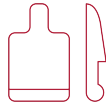




Oven Baked Zucchini, Pea and Feta Fritters



DIFFICULTY: EASY



PREPARATION TIME: 20
MINS



COOKING TIME: 25 MINS



SERVES: 12

Ingredients

700g trimmed zucchini,
grated

½ tsp salt

½ cup green peas, thawed if
frozen

2 spring onion, finely sliced

1 garlic clove, grated with
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1 tbsp Gewurzhaus dill leaf

3 eggs, lightly beaten

200g crumbled feta

100g panko crumbs
(breadcrumbs)

Black pepper, to taste

Olive oil spray

Garlic, dill and mint yoghurt sauce:

1 cup Greek yoghurt

1 garlic clove, grated with

Method

Preheat oven on Bread baking to 220°C. Line universal tray with baking paper.

Place grated zucchini in a strainer over a bowl. Sprinkle with salt and stir to combine. Allow liquid to drain from the zucchini for 15 minutes. Squeeze zucchini to remove as much liquid as you can.

In a bowl, combine the zucchini, peas, spring onion, garlic, dill, eggs, feta and panko crumbs. Check seasoning and add black pepper to taste.

Divide mixture to make 12 patties, gently squeeze to mixture to form the patties, place on prepared tray and lightly flatten. Spray lightly with olive oil spray. Bake for 20 to 25 minutes on shelf level 2 or until lightly golden.

While the fritters are cooking, make the yoghurt sauce. Combine all of the ingredients in a bowl and stir to combine.

Serve the fritters with the yoghurt sauce.

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2 tsp chopped fresh dill

1 tsp Gewurzhaus dill leaf

12 mint leaves, finely
shredded

¼ tsp salt

Black pepper, to tast

Notes
