

CARROT AND ZUCCHINI FRITTERS

Equipment needed –

Graters, large bowl, measuring spoons, measuring cups, small knives, chopping boards, bowl, vegetable peelers and frying pan.

Ingredients from the Garden –

- 4 large carrots
- 4 large zucchinis
- 4 spring onions
- 4 eggs

Ingredients from the Pantry –

- 1 cup of plain flour
- 1 1/3 cup of cheddar cheese
- 1 cup of milk
- 4 tablespoons of oil
- Chutney to serve

What to do –

1. Grate the cheese, preparing enough for 1 1/3 cups. Add to the large bowl.
2. Peel the carrots and grate. Add the grated carrot to the large bowl.
3. Grate the zucchinis and add to the large bowl.
4. Finely dice the spring onions and add to the large bowl.
5. Measure out the flour and add to the bowl. Season with salt and pepper and mix well to combine.
6. Crack the eggs, one at a time into a small bowl. Check for shells before transferring to the large bowl with the flour and vegetables.
7. Measure out the milk and add to the large bowl with the other ingredients. Mix well to combine.
8. Measure out the oil into a non-stick frying pan and heat over a medium-high heat.
9. Spoon the batter into the pan making small rounds. Cook for 3-4 minutes on each side until browned. Transfer to a plate lined with kitchen towel and cover with foil to keep warm.
10. Cook the remainder of the batter in the same way, adding more oil when needed.

Serves –

- 28 students.