

MASHED PEA AND FETA FRITTERS

Equipment needed –

1 medium saucepan, 1 frying pan, 1 colander, whisk, 3 medium bowls, potato masher

Ingredients from the Garden –

- 4 cups frozen peas
- 4 eggs

Ingredients from the Pantry –

- 2 cups of whole meal self-raising flour
- 1 cup of milk
- 200 grams of feta cheese, crumbled
- Olive oil spray

What to do –

1. Fill a medium saucepan up with water and bring to the boil.
2. Measure out 4 cups of frozen peas and place in the saucepan of boiling water. Cook for 2 minutes or until the peas are tender.
3. Once the peas are cooked, drain using a colander over the sink. Refresh the peas, running them under cold water from the tap. Drain well.
4. Transfer the peas to a medium bowl and crush using a potato masher, until a thick paste forms.
5. Crack the eggs into a separate bowl and whisk.
6. Measure out 2 cups of self-raising into a separate bowl and set aside.
7. Measure out 1 cup of milk into a measuring jug and set aside. Gradually add the flour and milk in with the eggs in alternating batches, stirring until combined.
8. Add the peas and season well with salt and pepper.
9. Measure out 200 grams of feta cheese and crumble into the mixture. Stir well to combine.
10. Spray a large non-stick frying pan with olive oil spray and place over a medium heat.
11. Place heaped spoons of the batter into the pan, and cook for 2-3 minutes, or until golden underneath and bubbles appear on the surface. Turn and cook for a further 1-2 minutes or until cooked through. Transfer to a plate and cover with foil to keep warm. Repeat with the remaining batter.
12. Divide the fritters amongst 3 serving platters to serve.

Serves –

- Serve the fritters topped with the corn salsa and a dollop of Greek yoghurt
- 28 students.