Zucchini Fritters



Serves	3-4
Prep time	1 hour, 30 minutes
Cook time	20 minutes
Total time	1 hour, 50 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Lunch, Main Dish, Savoury Snack, Side Dish
Misc	Child Friendly, Pre-preparable, Serve Cold, Serve Hot

Ingredients

- 500g zucchini
- 2 eggs
- 1/2 cup plain white flour
- Salt
- Sunflower oil
- 3/4 cups home made bread crumbs (Refer to Basics page)

Directions

1. Peel and grate the zucchini, then place onto a clean tea towel and squeeze out the excess liquid. Place into a bowl.
2. Add the eggs, flour, bread crumbs and a good pinch of salt. Mix everything together until it is well combined.
3. Place the mixture into the fridge to rest for at least an hour.
4. Form the mixture into fritters about half a centimetre thick (makes about 10) and fry in the oil until golden.
5. Drain on kitchen paper before serving with pear sauce or chutney.

Note

Moderate Salicylates, Low Glutamates, Low Amines

Refer to the Basics page for pear sauce and chutney recipes and bread crumb recipe.