



RAINBOW FRITTERS

Ingredients (MAKES 9)

- 2 eggs
- 1 medium zucchini, grated
- 1 medium carrot, grated
- ½ red capsicum, diced
- ½ cup salt-reduced corn kernels
- ¼ cup fresh parsley, chopped
- ½ cup grated cheese
- ½ cup self-raising flour
- Extra virgin olive oil

Instructions

1. Whisk the eggs in a large bowl. Squeeze out excess juice from the carrot and zucchini with your hands and add to the eggs.
2. Add the chopped capsicum, corn, parsley and grated cheese. Mix in the flour and stir until combined.
3. Heat the olive oil in a large frypan. Then add large spoonfuls of mixture and shape into a circle.
4. Cook for 2 minutes or until golden before flipping.



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