

OUR RECIPE

VEGGIE
RECIPE

Courgette Fritters

INGREDIENTS

- 2 medium courgettes
- 25g cheddar cheese
- 2 tbsp self-raising flour
- 1 tbsp olive oil



Courgettes are in season in late September and British cheddar is available throughout the year.

METHOD

1. Grate the courgettes and the cheese.
2. Add the grated courgette, cheese and flour into a bowl and mix together.
3. Take small amounts of the mixture and shape into 5 cm balls.
4. Use your hand or the back of a spoon to flatten them into a fritter shape.
5. Heat a non-stick frying pan over a medium heat and add the oil.
6. Fry the fritters for 2-3 mins on each side until golden brown.



Look out for the union jack on supermarket packaging.

Love British Food 

Serving suggestion - drizzle with natural yoghurt and season with salt and pepper.