



Curried vegetable fritters

Tasty and filling, these fritters make a quick and easy lunch or on-the-go breakfast. Make a batch in the weekend and freeze for during the week.



Time to prepare: 10 minutes



Time to cook: 15 minutes



Serves 4



Suitable for vegetarians

Ingredients

- 4 eggs

- 1/4 cup milk
- 1 cup self-raising flour
- 1/4 pumpkin, peeled and grated
- 1 carrot, grated
- 1 small onion, dice finely
- 2 teaspoons curry powder
- 1/4 cup fresh parsley, chopped
- pinch black pepper
- oil spray for cooking

Method

1. Lightly whisk the eggs and milk together in a bowl.
2. Whisk in the self-raising flour to form a smooth batter.
3. Stir in pumpkin, carrot, onion, curry powder, parsley and ground black pepper.
4. Heat a non-stick fry pan and add a little oil spray. Then, working in batches, drop heaped tablespoons of batter into the pan.
5. Cook over a medium heat for two to three minutes until golden brown. Then turn over and cook on the other side until golden brown.
6. Repeat with remaining batter, adding more oil between batches if needed.
7. For a cafe-style breakfast or brunch, serve with relish, a little low-fat sour cream, and green salad or coleslaw.

Notes

You can add any other vegetables you have on hand. Grated kumara and courgette work well.

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