Pumpkin Fritters

**INGREDIENTS**

* 3 cup pumpkin grated
* 3 free range egg whisked
* 3/4 cup wholemeal flour or gluten free flour
* 3/4 cup cheddar cheese grated
* 3 spring onions finely sliced
* 1 ½ tablespoon extra-virgin olive oil
* 1 tsp salt & pepper
* ½ cup chopped parsley

**INSTRUCTIONS**

* In a bowl, mix together the pumpkin, egg, flour, cheese and spring onion, salt and pepper.
* Heat half of the olive oil in a frying pan over a medium heat and carefully add the fritters. Cook for 5 minutes each side, or until golden and crisp.
* Place the rocket and tomato on a plate and drizzle over the remaining extra-virgin olive oil. Season with salt and pepper.
* Once cooked, add the fritters to a large platter, sprinkle with chopped parsley and serve.

*Pumpkin Fritters by* 28 By Sam Wood. *https://28bysamwood.com/recipes/pumpkin-fritters/*