

a clean start

## zucchini and feta fritters

2 carrots

4 zucchini (500g)

$\frac{2}{3}$  cup (160g) ricotta

$\frac{2}{3}$  cup (50g) grated parmesan

3<sup>4</sup> eggs, separated

150g marinated feta, drained

1 tbs chopped mint, plus extra torn leaves, to serve

1 tbs chopped flat-leaf parsley leaves

Finely grated zest of 1 lemon

1 cup (150g) plain flour

2 tsp baking powder

100ml sunflower oil

$\frac{1}{3}$  cup (100g) beetroot relish, to serve

Grate the zucchini on the large side of a box grater and place in a sieve set over a bowl. Stir through 2 tsp salt and stand for 15 minutes or until the excess liquid has drained into the bowl. Discard the drained liquid, then rinse the zucchini under cold running water to remove the salt. Place in a clean tea towel and squeeze dry.

Meanwhile, beat the ricotta, parmesan, egg yolks and 50g feta together in a bowl until combined. Add the zucchini, mint, parsley, lemon zest, flour and baking powder, season and stir to combine.

Using a balloon whisk, whisk the eggwhites to soft peaks. Gently fold one-third of the eggwhite into the batter to loosen, then gently fold in the remainder.

Heat 25ml oil in a large frypan over medium heat. Working in batches, add  $\frac{1}{4}$  cup (60ml) portions of batter to the pan and cook for 2-3 minutes each side until crisp and golden, adding more oil to the pan between batches, if necessary. Remove from the pan and keep warm while cooking the remainder.

Top fritters with beetroot relish, remaining 100g feta and extra torn mint leaves to serve.

**MAKES 16**