

Recipe Card

Courgette Fritters with Tzatziki

Ingredients

- 2 courgettes
- 1/2 potato
- 1 egg
- 1/4 onion
- 1/2 tsp. salt
- 1 pinch of flour.
- 1 tbs. fresh chives
- 1 tbs. fresh mint
- 1 lemon zest
- 1 tbs. coconut oil
- 1 carton yogurt FAGE 250ml plain full fat
- 2 tbs onion
- 1 tbs. fresh mint
- 1 tbs. lemon juice
- 1 pinch salt

Method

Grate courgette and potato. Spread the veggies out to allow for maximum surface area exposure and sprinkle all over with sea salt. Let sit for at least 30 minutes to drain.

Meanwhile, make the tzatziki (or buy):

Stir together yogurt, onion, mint, sea salt and lemon juice. Taste. Add more salt if necessary.

Chill until ready to use.

After the 30 minutes, squeeze veggies out and wrap in paper towels. Squeeze again. Open up the paper towel and spread out your veggies. Sprinkle with a pinch of flour to soak up leftover moisture.*

In a bowl, whisk together egg, herbs and lemon zest. (Optional: Add sea salt and pepper to taste.) Add onion and grated courgette-potato mixture. Stir well.

Preheat oven to 200 °F. Place a foil-lined tray in the oven. Heat a large skillet over medium-high heat. Melt coconut oil then drop a spoonful of your fritter batter in. Gently pat with a spatula to flatten out the fritters, which will help make them crispy.

Cook about 3 fritters at a time until golden brown on each side. Place fritters in the oven while you make additional pancakes. Serve as soon as possible with tzatziki on the side.

(* Note: If they tend to fall apart try adding more flour).

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