

# EASY EATS - VEGETABLE FRITTERS

| TIME: 45 MIN | SERVES: 4 (12 FRITTERS) |



## INGREDIENTS:

- 400-420g can of chickpeas
- 1 1/2 cup of self-raising flour
- 300g of canned corn or corn/peas
- 1 large zucchini
- 2 eggs
- 1 cup of any milk (cows, soy, almond etc.)
- Salt and pepper to taste
- Cooking oil
- Sauce/relish to serve
- 2 cloves of minced garlic (*optional*)

## EQUIPMENT:

- Large frying pan
- Mixing bowl x2
- Spoon
- Strainer
- Spatula
- Fork
- Grater
- Measuring cup

## TIP!

This recipe is just a guide.  
Try swapping different ingredients such as vegetables and sauces!

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# DIRECTIONS - VEGETABLE FRITTERS | TIME: 45 MIN | SERVES: 4 (12 FRITTERS)

1.



Drain and rinse the chickpeas. Mash in a mixing bowl with a fork. Add flour to the mixing bowl and stir to combine.

2.



Grate the zucchini into the mixing bowl. Drain and rinse the corn/peas, add to the mixing bowl and stir.

3.



In a separate mixing bowl, crack the eggs, add the milk and whisk.

4.



Add the veg mixture to the eggs and milk with salt and pepper. Add garlic if using and stir to combine.

5.



Heat oil in a large frypan over medium heat. Cook spoonfuls of the mixture for 4-5 minutes per side. Repeat until all is used.

6.



Serve with sauce or relish if desired.