

Zucchini and feta fritters with Tzatziki. (Makes 12 fritters)

700g grated zucchini
2 Shallots
Small bunch parsley
160g Greek feta cheese cut into small dices
80g S/R Flour
2 Eggs
Pinch salt
Pinch ground black pepper.

Method

1. Mix salt and grated zucchini. Let stand for 5min squeeze the excess liquid.
2. Add the rest of the ingredients and mix well.
3. Place some oil in a non-stick frying pan.
4. Add a medium ice cream scoop of the mixture, flatten lightly.
5. Let cook both sides 4min each.

Tzatziki.

100 g Greek yoghurt
Large piece cucumber - deseeded cut into small dices
Small amount of crushed garlic
½ teaspoon chopped mint
2 teaspoon lemon juice

Mix all together.