

Nurturing you through to health and happiness

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NATUROPATH AND REGISTERED NURSE

VEGETABLE FRITTERS

Prep: 30 minutes. Cooking: 40 minutes. Makes 12.

Note: Use any vegetables you like and experiment. I don't use potatoes like in many fritters made. Try different combination of carrots, parsnips, sweet potato, cauliflower, corn, beetroot, spring onions, celery, broccoli, silverbeat or kale!

Ingredients

700-800 grams of your choice of vegetables:

Carrots, parsnip, sweet potato, beetroot - these need to be grated.

Cauliflower and broccoli- these need to be cut into small florets then steamed.

Kale, silverbeat or chard- wilt these and drain off liquid before using.

1 small leek, white part only, thinly sliced OR onion

2-3 cloves of crushed garlic

2 tbsp brown rice OR Besan flour

3 eggs, lightly beaten

Sea salt and pepper to taste

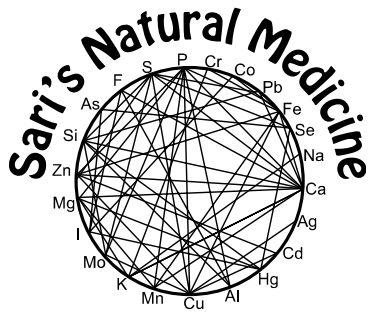
Parsley or other fresh green herbs or your choice- experiment!

Oil for shallow frying (macadamia, grape-seed etc)

Choose your combination of vegetables before- hand. You might choose carrots and cauliflower. Or silverbeat, parsnip and sweet potato. I use whatever I have on hand, usually picking one of the hard vegetables to grate as the predominant vegetable. Add any left- over dinner vegetables such as cauliflower, broccoli or kale. These are ready to use as they have already been steamed the night before.

Method

1. Finely grate any hard vegetables you are using.
2. Mix with the leek/onion and garlic in a large bowl. Add any precooked vegetables and mix again.
3. Sprinkle the flour over the vegetables and mix until coated.
4. Add the lightly beaten eggs and salt and pepper and any fresh herbs. Mix well.
5. Heat about 5mm of oil in a frying pan and drop in 3 tbsp of the mixture in a neat pile. Use a fork to gently press it into a 10cm round patty. Fry two to three patties at a time over medium-high heat for 3 minutes on each side, or until golden and crispy.
6. Keep cooking the fritters in batches until your mixture runs out.
7. Stack them on a plate while cooking the remainder of the mixture.



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8. Enjoy them plain, hot or cold. Try them with natural full fat yoghurt and garlic.

These are great as any meals with added protein. They are also great as school lunches or snacks. They can be frozen and then used when needed also. A great way for anyone to get more cooked vegetables into them!