

ZUCCHINI FRITTERS

<i>Ingredients</i>	<i>Equipment</i>
1 ½ Cups Plain Flour	Large Mixing Bowl
2 Eggs Separated	Medium Mixing Bowl
2 Tablespoons Olive Oil	Cup Measures
1 Cup Water	Spoon Measures
3 Small Carrots	Graters
2 Zucchinis	Whisk
2 Spring Onions	Wooden Spoon
100 Grams Tasty Cheese	Metal Spoon
Salt and Pepper to taste	
Oil for frying	Frying Pan

What to do

- 1. Get out all required equipment**
- 2. Weigh and measure ingredients**
- 3. Place the flour into the large mixing bowl**
- 4. Separate the eggs.**
- 5. Make a well in the flour, add the egg yolk, olive oil and water. Mix with the wooden spoon until a smooth batter is formed.**
- 6. Peel and grate the carrot.**
- 7. Grate the zucchini and cheese**
- 8. Slice the spring onions finely.**

- 9. Add the carrot, zucchini, cheese, spring onion to the batter mix through.**
- 10. Add a pinch of salt and pepper to taste.**
- 11. Whisk the egg whites in the medium mixing bowl until soft peaks form. Fold gently into the batter mix with the metal spoon.**
- 12. Heat the frypan, add oil.**
- 13. Shallow fry dessert spoons of mixture.**
- 14. Cook until golden on both sides and cooked in the centre.**
- 15. Drain on paper towel.**