

Zucchini Fritters



Ingredients:

2 cups cooked quinoa	1/3 cup chickpea flour
1 shredded zucchini	1/4 cup of water
1 sweet potato (washed, no need to peel)	1/3 cup of plain flour (G.F for allergies)
1 cups spinach	2 tbsp oil
1/2 finely diced onion	bunch of fresh parsley
2 cloves garlic, minced	pinch each sea salt and black pepper

Instructions:

1. Shred zucchini using the coarse side of a box grater.
2. **Transfer shredded zucchini to a clean chux and squeeze out excess moisture.**
3. Grate sweet potato, again using the biggest coarse side of the grater.
4. Dice onion and mince garlic.
5. Heat a large pot. Once hot, add oil, diced onion, and the minced garlic. Season with a pinch of salt and pepper.
6. Sauté for 3-4 minutes, until the onion is tender and fragrant. Add zucchini, sweet potato, and sauté for another 2 minutes.
7. Add spinach and stir to slightly wilt. Set aside.
8. Prepare chickpea "eggs" by combining chickpea flour and water in a small bowl. Stir to combine. It should be a runny paste.
9. In a large bowl, combine sautéed vegetables, cooked quinoa, salt, and parsley and stir. Then add chickpea mixture and stir.
10. Add gluten-free flour and stir until combined. You should have a slightly tacky but mouldable mixture. Add more gluten-free flour as needed if too wet to handle.
11. Form into thin patties (half the size of the palm of your hand) and make enough for the whole class including teacher and adult helpers.
12. Heat a large frying pan, once hot, add a little oil to coat the pan and enough fritters to comfortably fit without crowding. Pan fry until golden brown, ~4 minutes on each side.
11. Place cooked fritters on a plate lined with paper towel.
12. Wash and dry all dishes, wipe down benches/sink and leave your zone how you first found it. Put food scrapes into outside compost bin, dirty tea towels into laundry basket and hang aprons up on the hooks.

Visual Instructions:

1. Grate zucchini and remove excess moisture.



2. Grate sweet potato, leave skin on.



3. Preparing garlic and onion.



4. Sauté onions, garlic then sweet potato and zucchini in a frying pan.



5. Chickpea flour and water mixture.



6. Mix all ingredients together.



7. Fry the fritters on a hot frying pan.

