

Kumara, carrot and feta fritters

Ingredients

- 3 cups orange kumara, grated
- 1 cup carrot, grated
- 4 spring onions, finely chopped
- 2 tbsp parsley
- 1 egg lightly beaten
- ¼ cup cornflour
- 100g feta cheese
- ½ tsp salt
- ¼ ts pepper
- 1 tbsp oil



Directions

- 1) Squeeze excess water out of grated kumara and carrot using a clean tea towel, handy towel or your hands.
- 2) Place carrot and kumara in large bowl with parsley and chopped spring onions.
- 3) Whisk egg, cornflour, salt and pepper in small bowl. Add to the vegetables and crumble in feta. Mix well.
- 4) Heat oil in a large frying pan. When the oil is hot, spoon heaped tablespoons of mixture onto the pan. You should be able to fit about 4-6 fritters on the pan at one time.
- 5) Press down on the fritters as they cook, and flip when the bottom is golden brown (about 3-5mins) and cook on other side (about 3-5min).
- 6) Transfer fritters onto a baking dish. If you wish you could finish the fritters off in the oven to make sure they have fully cooked through at 180 degrees Celsius for another 5-10 minutes.

Serve with Greek yoghurt and a side salad – delicious! 😊

This recipe is courtesy of Eat Well