

Easy Sweet Potato & Zucchini Fritters



Perfect anywhere, anytime (think quick weekend brunches, weekday lunches, picnics and parties). These fritters are a delicious way to get extra veggies into your day.

25 mins

8 ingredients

\$2.30 / person

Gear



Frying Pan

Feedback



Ingredients

Serves = 5

3 medium zucchini

1 medium sweet potato

1 small red onion

1 tsp ground cumin

2 eggs

2/3 cup wholemeal plain flour

1/2 cup tasty cheese (reduced fat)

1 tbsn extra virgin olive oil

It's this easy

- Whisk the eggs in a large bowl
- Grate the zucchini, sweet potato and cheese, and finely dice the red onion, and add these to the bowl
- Add the ground cumin and flour to the bowl and stir to combine
- Heat the olive oil in a frypan over medium heat
- Spoon the mixture into the pan to make fritters the size of a small drinks coaster (best cooked in

batches)

- Cook for 3 to 4 minutes on each side, the fritters should be golden and feel firm in the centre

Tweaks

- Delicious served with greek yoghurt
- Add some dried chilli flakes and fresh mint for some heat and extra flavour
- If you don't have a frypan you could try cooking the fritters on a sandwich press. Wipe the base of the sandwich press with some paper towel dipped in oil, spoon the mixture onto the base of the press and lower the top down. Lock the top into place just above the fritters and cook until golden on both sides, turning once as they cook.

Notes

Nutrition information (per serve)

- Energy (1022kJ)
- Protein (11.4g)
- Total Fat (9.2g)
- Saturated Fat (2.9g)

- Carbohydrate (26.0g); Starch (18.1g), Sugars (8.0g), Added sugars (0g), Free Sugars (0g)
- Dietary Fibre (6.3g)
- Sodium (110mg)
- Calcium (170mg)
- Iron (2.7mg)

Allergies

Contains: Gluten, Dairy, Wheat, Eggs, FODMAPs.

No Money No Time

No Money No Time is independent, proudly Australian, forever free and founded on decades of nutrition research by the University of Newcastle.

Supported By
nmno foundation



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

Important notice: No Money No Time will provide resources to assist you in improving your eating habits which align with recommendations contained in the Australian Dietary Guidelines. While the website and associated resources have been developed by extensive research that has been subject to academic peer review, it is not intended to be, and should not be relied on as a diagnosis or treatment advice for specific medical conditions. In particular, any feedback generated by your use of the Service will not take into account any pre-existing medical conditions or other individual circumstances (such as use of vitamin and/or mineral supplements or any food allergies). As a result, any assessment generated by the Service may not be a complete representation of your individual circumstances. You acknowledge that the Service is not a substitute or replacement for the independent advice of a qualified healthcare professional. Website advertising disclaimer: The Service may contain advertisements for third parties' goods and/or services. The third party advertisers are responsible for the accuracy of all representations made in those advertisements. We and our officers, directors, employees, agents and related bodies corporate do not recommend or endorse the goods or services that may be advertised on the Service, nor do they offer the goods or services for sale or make any other representation whatsoever about them. If you choose to order a product or service advertised by a third party on the Service, you do so at your own risk.