

# SEASONAL VEGETABLE FRITTERS

## INGREDIENTS

Seasonal vegetables from our garden, grated

(2 potato, 2 carrot, pumpkin, spring onions, brown onion)

Sml handful of fresh herbs

½ cup SR Flour

½ tsp salt

3 eggs

2 tbsp olive oil

## METHOD

Wash and dry all fresh ingredients.

Grate or finely slice all vegetables. Place in a large mixing bowl.

Chop fresh herbs, add to bowl.

Add flour and salt to the bowl.

Crack the eggs into a separate bowl and whisk.

Add egg mixture to vegetable mixture.

Heat an electric frypan on medium heat. Add a little oil.

Place a tablespoon of mixture into the pan, flatten out with a spatula.

Cook for 5 mins, then turn over and repeat.