

Taste the Hills



Recipes and Tips

Courgette-Feta Fritters

A lovely but simple summer main course.

This makes enough to comfortably fill four average sized people.

About 30 minutes to prepare, before frying.

600g packed cups coarsely grated courgette

4 eggs, separated

150g finely crumbled feta cheese

50g minced shallots

$\frac{3}{4}$ tsp dried mint salt

$\frac{3}{4}$ tsp black pepper

43g flour

butter for frying

Place the grated zucchini in a colander in a bowl, salt it lightly and let it stand 15 minutes. Rinse it, and squeeze out all excess water.

Combine squeezed zucchini, egg yolks, feta, scallions, flour, and spices. Mix well.

Beat the egg whites until they form soft peaks. Fold into first mixture.

Fry in butter, on both sides, until golden and crisp.

They are great alone but can be served with sour cream, yogurt or sweet chili sauce.

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