

# Crispy vegetable fritters



[cancersa.org.au](http://cancersa.org.au)



## Crispy vegetable fritters

**Serves: 6-8**

**Preparation time: 10 minutes**

**Cook time: 2-3 minutes each side per fritter**

### Ingredients

- ½ cup wholemeal SR flour, sifted, add bran left in sifter to bowl
- 2 spring onions, sliced finely
- 1 small zucchini, grated, squeeze to remove excess liquid
- 1 small carrot, grated, squeeze to remove excess liquid
- ½ cup capsicum, diced finely
- ¾ cup canned corn, drained
- ¼ cup reduced fat cheese, grated
- ¼ cup basil, chopped
- ¼ tsp paprika
- 3 eggs, lightly beaten
- ⅓ cup milk
- 2 tbsp extra virgin olive oil
- ¼-½ tsp dried chilli flakes

### Method

1. In a large bowl combine flour, spring onion, zucchini, carrot, capsicum, corn, basil, cheese and paprika.
2. In a separate small bowl lightly beat eggs and milk, season with salt, pepper and chilli (optional). Add to dry ingredients and combine.
3. Heat a large pan, use a little oil then place a 1-2 tbsp scoop of mixture into pan. Repeat to make 6-8 fritters. Cook for 2-3 minutes each side or until golden and cooked through. Remove from pan, set aside and repeat until all mixture is used.
4. Serve with a side of smashed avocado, sweet chilli sauce or tzatziki.



A healthy diet can help cut your cancer risk. This recipe is high in vitamins, minerals, fibre and cancer fighting antioxidants. The fritters are packed with a variety of vegetables to help boost your vegetable intake.