

Beckett's Farm

STARTERS










Courgette Fritter



Method

1. Grate the courgette and squeeze the moisture out by hand, place in a bowl
2. Fry together the shallots and spring onion in hot oil until translucent. Add the green chilli and remove from heat
3. Add the shallots, spring onion and chilli to the courgettes, mix in the breadcrumbs, grated cheese and beaten egg, season with salt and pepper. Mix ingredients well and form into patties flattening slightly
4. Fry in a non-stick frying pan, in the remaining rapeseed oil on a medium heat. Turn fritters a couple of times until cooked through and golden in colour
5. Divide fritters between serving plates and serve with salad garnish

Ingredients serve 2

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-  200gm courgettes
 -  1 ½ shallots, finely chopped
 -  2 spring onions, trimmed and finely chopped
 -  1 green chilli, finely chopped
 -  50gm fresh breadcrumbs
 -  1 egg, beaten
 -  50gm Fowlers mature cheddar cheese, grated
 -  Salt and pepper