



Zucchini & Carrot Fritters with Avocado Dip

Serves 4

Prep 10 mins / Cook 30 mins

INGREDIENTS

- ½ cup (85g) quinoa
- 2 medium carrots, grated
- 1 medium zucchini, grated
- 5 eggs
- 300g cherry tomatoes
- 4 sprigs basil, finely chopped
- 10 blades chives, finely chopped
- 2 tbsp. ground flax seeds
- 2-4 tbsp of olive oil
- 2 avocados
- ½ lemon, juice only

INSTRUCTIONS

Cook the quinoa according to instructions on the packaging.

Grate the carrot and zucchini using the large holes and place the vegetables in a bowl.

Add in the eggs, cooked quinoa, chopped herbs and stir well — season with salt and pepper and mix in the ground flax meal to form a batter.

Heat some oil in a pan, add oil and spoon a tablespoon or two of the batter into the pan for make 12 fritters.

Fry for 1 minute, turn gently turn with a spatula and fry for another minute or two. Continue in the same way with the rest of the batter.

Cut the avocado in half, remove the stone, place the avocado flesh together with lemon juice in a blender and blitz until a smooth.

Season with salt and pepper and serve with the fritters.

Nutrition info per 3 fritters.