

# Zucchini, feta and ricotta fritters

**PREP TIME** 20 minutes **COOKING TIME** 30 minutes

**SERVES 4**

Feta and zucchini co-star in this café brekky favourite. Here, they are bound together by ricotta, which gives a lovely lightness that fritters often sadly lack. Make extra so you have some left over for lunch.

- 1 Preheat the oven to 180°C (160°C fan-forced). Line 2 baking trays with baking paper.
- 2 Place the tomatoes on one of the prepared trays with the thyme and garlic, then roast for 15–18 minutes or until the tomatoes start to split. Reduce the oven temperature to 100°C (80° fan-forced) and leave the tomatoes in the oven.
- 3 Meanwhile, for the fritters, place the zucchini in a colander and squeeze out as much liquid as you can. Whisk the ricotta, buttermilk and egg yolks in a large bowl until combined. Sift the flour and baking powder over the ricotta mixture, then whisk until just combined. Stir in the zucchini, feta, spring onion and mint.
- 4 In another large bowl, using an electric mixer on medium speed, beat the egg whites and a pinch of salt until stiff peaks form. Using a large metal spoon or spatula, gently fold the egg white into the batter.
- 5 Heat a large non-stick frying pan over low–medium heat. Working in batches, spray the pan lightly with oil and scoop ½ cup (125 ml) measures of fritter mixture into the pan. Cook for 3–4 minutes on each side or until puffed, well browned and just cooked through. Transfer to the second baking tray, cover with foil and keep warm in the oven until ready to serve. (Makes 8.)
- 6 Serve 2 fritters per person, with one-quarter of the roasted tomatoes, a little of the garlic, the spinach and relish, with lemon cheeks to the side, if desired.

500 g truss cherry tomatoes  
3 sprigs thyme  
3 cloves garlic, unpeeled and lightly crushed  
3 zucchinis (courgettes), coarsely grated  
¾ cup (180 g) fresh reduced-fat ricotta, drained  
½ cup (125 ml) buttermilk  
2 large eggs, separated  
¾ cup (110 g) self-raising flour  
1 teaspoon baking powder  
100 g low-fat feta, crumbled  
3 spring onions, thinly sliced  
small handful mint, finely chopped  
olive oil spray, for cooking  
100 g baby spinach leaves  
⅓ cup (90 g) good-quality tomato relish  
lemon cheeks (optional), to serve

## NUTRITIONAL ANALYSIS

	To serve 4 (per serve)
Energy (kJ)	1421
Protein (g)	22
Total Fat (g)	11
Saturated Fat (g)	5
Carbohydrate (g)	39
Fibre (g)	6
Soluble Fibre (g)	1
Sodium (mg)	557

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You can use low-fat cottage cheese instead of ricotta, if you prefer.

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