

Courgette Fritters

Ingredients

- 3 cups grated courgette yellow or green, do not peel, just trim ends; use large hole of a standard cheese grater
- 3/4 – 1 cup chickpea (gram) flour see note
- 1 tbsp lemon juice
- 1 tbsp tahini
- 1 tsp dijon mustard (optional)
- 3-4 tbsp chives or thinly sliced spring onions - just the green bit
- 1/2 tsp salt
- 1/2 tsp dill seed don't substitute dried dill weed; see note for substitutions
- freshly ground black pepper to taste

Instructions

1. Whisk together the tahini with the lemon juice and dijon mustard.
2. In a large bowl, combine all ingredients, including the mix above. Combine until you have a uniform mixture. As the courgette releases moisture, the chickpea flour will absorb that liquid. Allow mixture to sit for 15 minutes. When ready to cook, heat a non-stick pan over medium-high heat. Use an ice cream scoop to measure the mix, and transfer level scoops to your pan. Use a spatula to flatten into a fritter shape. Cook over medium-high heat for 3-4 minutes, until golden, and flip with the spatula, and cook for another 2-4 minutes on the other side. Once golden brown and set, remove and serve immediately. Makes 7-8 fritters.

Recipe Notes

- These make a light meal, serve with lots of greens or a salad. Also try these as a savoury breakfast!
- **Flour Note:** Depending on the moisture in the courgette, and how it measures grated, you may need more/less flour. Start with 3/4 cup, and adjust with a touch more flour if you like as you start to cook. More flour will yield firmer fritters. Don't substitute with another flour.
- **Dill Seed Note:** Dill seed goes beautifully with these fritters - don't use fresh or dried dill. If you don't have it, try substituting 1/4-1/2 tsp cumin seed or fennel seed.
- We like spice so a chopped up chilli is a nice addition!
- I don't like onions of any sort...so I replaced the spring onion with sweet corn!...you could put anything in as long as it cooks quickly...I think with grated carrot it would be pretty.