

Pea and Broccoli Fritters

Serves: 4

Prep time: 5 minutes

Cook time: 25 minutes



2 serves per portion

Ingredients

200g broccoli florets
2 garlic cloves, peeled
3 spring onions, green portion, chopped
1 cup frozen peas, thawed
400g can chickpeas, rinsed and drained
2 large eggs, lightly beaten
2 tablespoons cornflour
Salt and pepper, to taste
2 tablespoons extra virgin olive oil

Method

PLACE broccoli, garlic and spring onion in a food processor, and blitz until finely chopped.

ADD peas and drained chickpeas and pulse until the mixture is coarsely mashed then transfer to a large bowl.

ADD eggs, cornflour and salt and pepper. Combine but do not over mix the batter.

HEAT the oil in a large non-stick fry pan over medium heat.

SPOON heaped tablespoon sized portions of batter into the pan.

COOK for 2-3 minutes on each side or until golden brown. Transfer cooked fritters to a platter lined with paper towel.

REPEAT until all the batter is used, adding oil to the pan between batches as necessary.

SERVE the fritters with a side salad of your choice.



Everyday Food

Recipe courtesy of the Country Kitchens team