

Zucchini and Prune Fritters served with Quinoa Salad



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This tasty, fresh and healthy meal will be a hit with the entire family at lunch or dinner. So quick to make too.

SERVES: 4 | PREP TIME: 30 mins | LEVEL OF DIFFICULTY: ●○○

Makes approx. fifteen cup size patties.

Fritters

INGREDIENTS

- 500g zucchini, grated
- 1/2 cup (100g) **Australian prunes**, pitted
- 1 cup green peas
- 1 small bunch parsley, finely chopped
- 1 small bunch dill, finely chopped
- 1 onion, minced
- 2 garlic cloves, minced
- 3 eggs
- 1/2 cup plain flour
- 3 tbsp grated parmesan
- 1 tbsp olive oil
- Salt and pepper to taste

METHOD

1. Place grated zucchini in a bowl with a good pinch of salt and leave to drain for 10 mins. Then squeeze out as much liquid as you can.
2. Cover prunes in hot water and let soak for 5 mins then drain. Process in a blender or food processor until smooth.
3. Mix all ingredients together. Heat a tbsp of olive oil in a frying pan and place 1/2 cup size portions in the pan. Cook on one side then gently turn and cook on the other side.

Salad

INGREDIENTS

- 1 cup quinoa
- 1 1/2 cups water
- 2 shallots, chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh basil, chopped
- Zest of 1 lemon
- Salt & pepper to taste

METHOD

1. To make the quinoa salad, cook 1 cup of washed quinoa in 1 1/2 cups of water. Cook for approx. 15 mins or until all the liquid is absorbed. To the cooked quinoa add lemon zest and shallots, fresh herbs, salt and pepper.

- Source of protein & fibre
- Low in saturated fat
- Low in sodium



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