



Hulk Fritters

GREEN (ACT & SA) / Everyday (NSW)

Makes 12 Fritters

Ingredients:

- 375 g green peas
- 1 tablespoon parsley
- 3 eggs
- 190g ricotta
- ½ cup wholemeal flour
- 1 small zucchini
- Salt & pepper, to taste

Method:

1. Mash peas and grate zucchini, combine in bowl with parsley, egg and flour.
2. Add salt and pepper.
3. Mix through ricotta.
4. Spoon into frypan and cook on medium high for ~2 mins a side, or until golden brown.
5. Serve with plain sweet chilli sauce, with salad or in a sandwich.
6. Freezes well, reheat in microwave or pie oven.
7. Serve 1 as a snack and 2-3 with a meal (wrap, sandwich. salad).

Recipe tested by SW February 2019

Acknowledgement: A practical guide for implementing the NSW healthy school canteen strategy. Canteen menu resource 2017. Northern NSW Local Health District.

Nutrition information:

[Recipe name here]	Per serve (3x75g (228g))	Per 100g
Energy (kJ)	893.8	392
Protein (g)	16.4	7.2
Fat – total (g)	7.8	3.4
Fat – saturated (g)	3.2	1.4
Carbohydrates – total (g)	18.9	8.3
Carbohydrates – sugar (g)	5.2	2.3
Sodium (mg)	139.1	61
Fibre (g)	7.1	3.1