

Veggie fritters

Makes 15

Ingredients:

- Approximately 2 cups of leftover vegetables
- 1 large or 2 small potatoes, grated
- 1 onion, grated
- 3 eggs, separated
- ½ cup wholemeal self-raising flour, sifted
- 2 tablespoons olive oil
- Pepper

Method:

1. Cut the leftover vegetables into small cubes.
2. Mix the vegetables with the potato and onion.
3. Place vegetables and egg yolks into a bowl and stir to combine.
4. Add flour and stir to combine.
5. In a clean bowl, beat egg whites until foamy using a whisk, fork or beater. Fold into the vegetable mixture.
6. Heat oil in a non-stick frypan over medium heat.
7. Spoon mixture into the pan and cook on both sides until golden brown and cooked through.
8. Serve as a snack or as a meal.

Variations:

You can also use grated and finely chopped fresh vegetables such as carrot, shallots, spinach, capsicum and tomatoes.

Tips:

- Use chopped herbs such as basil, parsley or thyme to add extra flavour without adding salt.
- Squeeze lime or lemon juice over the top for some added zing!
- The fritters can be frozen and reheated.

Adapted from Love Food Hate Waste New Zealand Veggie Fritters.