Zucchini and Corn Fritters

Tasty & Easy

Serves: 1
Prep time: 15 min
Cooking time: 8 minutes

Ingredients:

- 1 zucchini, grated
- 1 shallot, sliced
- ½ can corn kernels
- 1 egg
- 1 heaped tablespoon plain flour
- 1 heaped tablespoon ***feta cheese**
- spray oil

Tzatziki

- 100g greek yoghurt
- 1 mini cucumber finely diced
- 1 heaped teaspoon chopped mint
- ¼ teaspoon minced garlic
- 1 dessertspoon lime juice
- salt and pepper
- sprinkle of cayenne pepper ***optional**

Method:

- Place grated zucchini in a strainer and squeeze out the excess liquid
- Add all ingredients in a bowl ***except feta cheese**
- Carefully fold in the feta cheese (as you want it to be chunky)
- Heat frying pan and spray with oil
- Divide the mixture evenly into 4 patties
- Add patties to pan and fry each side until browned approx. 4-5 minutes each side
- **Serve with tzatiziki or a poached egg for breakfast**

Tzatziki

- Mix all ingredients together in a bowl
- Sprinkle with cayenne pepper ***optional**