

plantifully based

ZUCCHINI CORN FRITTERS

INGREDIENTS

2 LARGE ZUCCHINI [545G]
1 1/4 CUP FROZEN OR FRESH CORN [200G]
3/4 CUP CHICKPEA FLOUR [90G]
2 TBSP OLIVE OIL [30G]
2 TBSP GROUND FLAXSEED [15G]
4 TBSP WATER
2 TBSP NUTRITIONAL YEAST [10G]
1/4 TSP SALT
1/4 TSP BLACK PEPPER

METHOD

- Preheat oven to 425F.
- Prepare flax egg by adding flax seed and water and mixing together. Set aside for 5 mins to thicken.
- Grate the zucchini into small shreds. If using frozen corn microwave it.
- Using a strainer and spatula, press down and drain the zucchini and corn (only if you are using frozen). It is important to get out as much water as possible.
- Once the zucchini and corn are dried out place it into a big bowl.
- Add flax egg, chickpea flour, nutritional yeast, salt and pepper into the zucchini and corn. Mix together.
- Mixture should be sticky and hold it's shape. You may need to add in more chickpea flour.
- In a big pan add 1 tbsp of olive oil.
- Fill a 1/4 cup measuring cup with batter and shape into a circle. Place in the hot oil.
- Add enough to fill the pan but leave space to flip. Cook for 3-4 minutes per side. Should be golden and crispy.
- Place on a baking sheet lined with parchment paper.
- Add in more oil and repeat with the remaining batter. I got 10 fritters from this.
- Bake in the oven for 15-17 minutes, flipping halfway through. The fritter should be firm and hold it's shape.

