



# Pumpkin Carrot and Feta Cheese Fritters

**30 minutes**

Hands on

**2-4**

Portion(s)

**1**

Difficulty



## Ingredients

- 400 g carrots
- 2 potatoes
- 1/2 onion
- 300 g pumpkin
- 3 eggs, lightly beaten
- 3 tablespoon(s) whole-wheat flour
- 300 g feta cheese
- 1 tablespoon(s) chervil
- 2 tablespoon(s) cumin
- 1 teaspoon(s) coriander, dry
- seed oil
- 2 tablespoon(s) mint, dry
- pepper

## Διατροφικός πίνακας

Nutrition information per 100 gr.

367 Calories (kcal)	15.4 Total Fat (g)	3.5 Saturated Fat (g)	42.0 Total Carbs (g)
18%	22%	17%	16%
11.7 Sugars (g)	10.9 Protein (g)	9.0 Fibre (g)	0.24 Sodium (g)
13%	22%	36%	4%

## Method

- Peel the vegetables and grate the carrots, potatoes, onions and pumpkin, using the fine blades on a cheese grater.
- Toss the vegetable mixture with a pinch of salt. Place in a strainer and allow them to strain for 30 minutes, until they release any extra juices.
- In a large bowl, add the eggs, flour, coriander, cumin seeds, mint and chervil. Mix with a fork until combined. Finally, crumble the feta cheese and add it to the mixture.
- Press down on the vegetables with your hands for 1-2 minutes, so they can release any more juices. Add them to the egg mixture. Mix and season with salt and pepper.
- Preheat oven to 150\* C (300\* F) Fan. Add a generous amount of olive oil to a pan. Place over medium heat. . The oil should be about 5-10 mm deep and its temperature should reach 180\* C (350\* F).
- Add spoonfuls of the mixture to the pan. Make 2-3 fritters at a time.
- Fry for 1-2 minutes. Flip them over and fry for another 1-2 minutes, until golden brown.
- Transfer to a plate and place them in the oven to keep them warm.
- Serve with a green salad, lime wedges and yogurt.

## Tip

The quantity and types of vegetables are indicative. You can use any types of vegetables you like, mix and match them any way you prefer and add a variety of aromatics!