



Greek zucchini fritters

10'

Hands on

30 minutes'

Hands off

20'

Cook Time

6

Portion(s)

1

Difficulty



Method

You may have tried to make zucchini fritters in the past and may have been disappointed... since they may turn out heavy or oily. With this recipe, I will let you in on all the secrets to help you make the crunchiest, most aromatic, delicious fritters ever!

- Line a large [bowl](#) with a thin kitchen towel.
- Grate the zucchini on to the towel in the bowl, using the large blades of the [grater](#).
- Sprinkle with a generous amount of salt to help the zucchini release more moisture.
- Mix and squeeze the mixture with your hands.
- Wrap in the towel and squeeze very tightly in your hands to release as much liquid as possible.
- The less moisture the zucchini mixture has, the crunchier your fritters will become!
- Transfer from towel to a clean, dry bowl.
- Finely [chop](#) the green part of the spring onions.
- Finely chop the mint leaves, dill and basil and add them all to the bowl.
- Add the lime zest, cumin, chili flakes, crumbled feta and 2 eggs.
- Mix until all of the ingredients are completely combined.
- Add the flour and mix just to combine. Do not overmix.
- Place a [nonstick pan](#) over medium to high heat.
- Add 2-3 tablespoons of olive oil.
- Pick up spoonfuls of the mixture and carefully add them to the hot oil. Do not crowd your pan.
- Gently press down on the patties to spread them out a little.
- Fry on both sides until nice and golden, just like pancakes!
- When ready, transfer to a [plate](#) lined with paper towels so they can drain from excess oil.
- Repeat the same process until all of your mixture has turned in to crunchy fritters.

For the sauce

Ingredients

- 500 g zucchini, grated
- 2 spring onions, only the green part, thinly sliced
- 1 bunch of mint, only the leaves, finely chopped
- 1/3 bunch of dill, finely chopped
- 1 bunch of basil, finely chopped
- grated zest of 2 limes
- 1 levelled teaspoon ground cumin
- 2 pinches chili flakes
- 200 g feta cheese, crumbled
- 2 eggs
- 80 g all-purpose flour
- 2-3 tablespoons olive oil
- salt
- pepper
- fresh coriander, to serve
- lime wedges, to serve

For dipping sauce

- 200 g Greek strained yogurt
- 1 heaping tablespoon honey
- 1 levelled teaspoon ground cumin
- salt
- freshly ground pepper

Διατροφικός πίνακας

Nutrition information per portion

245 Calories (kcal)	13.0 Total Fat (g)	6.3 Saturated Fat (g)	18.0 Total Carbs (g)
12%	19%	32%	7%
7.5 Sugars (g)	13.0 Protein (g)	2.3 Fibre (g)	1.6 Sodium (g)
8%	26%	9%	27%

- Combine the yogurt, honey, cumin, chili flakes, salt and freshly ground pepper in a bowl and your sauce is ready.
- Serve the zucchini fritters with the sauce and some lime wedges and don't forget to sprinkle some finely chopped fresh coriander over everything!