



Greek tomato fritters – Tomatokeftedes

15'
Hands on

15'
Cook Time

16-18
Portion(s)

1
Difficulty



Method

- Place a **deep pan** with a generous amount of sunflower oil over heat.
- In a **bowl**, combine the flour and baking powder. Create a small well in the center and add the grated tomato, finely chopped tomato, grated zucchini and finely chopped onion.
- Use a fork to coarsely chop the feta cheese and add to the bowl.
- Coarsely **chop** the mint, basil and parsley. Add to the bowl.
- Add the dry oregano, pepper and salt. Mix gently to incorporate.
- Shape the tomato fritters into oval shaped patties, using two tablespoons.
- Add to pan with hot oil and fry for 3-5 minutes, until golden.
- When ready, transfer to a **baking pan** lined with paper towels. Repeat the same process until all of the fritters are ready.

To serve

- In a serving **platter**, place some Greek strained yogurt in the center, arrange the tomatokeftedes nicely around it, sprinkle with paprika and mint leaves and serve warm.

Ingredients

- 260 g all-purpose flour
- 1 teaspoon(s) baking powder
- 200 g tomatoes, finely chopped
- 200 g tomatoes, grated
- 180 g zucchinis, grated
- 1 onion, finely chopped
- 200 g feta cheese
- 10 mint leaves
- 6-7 basil leaves
- 1 bunch parsley
- 1 tablespoon(s) oregano, dry
- salt
- pepper
- sunflower oil, for frying

To serve

- 200 g strained yogurt
- 1/2 teaspoon(s) paprika
- 3 sprig(s) mint

Διατροφικός πίνακας

Nutrition information per portion

154 Calories (kcal)	5.9 Total Fat (g)	2.7 Saturated Fat (g)	19.0 Total Carbs (g)
8%	8%	14%	7%
2.4 Sugars (g)	5.3 Protein (g)	1.8 Fibre (g)	0.6 Sodium (g)
3%	11%	7%	10%