



# Potato fritters

25'  
Hands on

30 minutes'  
Hands off

60'  
Cook Time

13-15  
Portion(s)

1  
Difficulty



## Method

- Preheat the oven to 180° C (350° F) set to fan.
- In a [baking pan](#), spread the coarse salt and add the potatoes on top. Bake for 40-50 minutes until they are tender and dehydrated.
- Let them cool down.
- Then, peel them and add the flesh into a bowl. Press with a fork to break them down.
- Add the mint and the dill finely chopped, the green part of the spring onion and the parsley finely chopped, the egg, the lemon zest, the gruyere, the feta crumbled with your hands, flour, salt, pepper, and knead very well.
- Divide the mixture into 15 potato fritters, press lightly with your hands, and add them to a baking pan. Refrigerate them for 30 minutes to thicken.

### For the breading

- Place a [frying pan](#) with the sunflower oil over medium heat.
- In a bowl add the flour, in another bowl add the eggs with salt and pepper, and in a third bowl add the dried breadcrumbs. Whisk the eggs well with a fork.
- Dredge the potato fritters successively into the flour, the egg and the breadcrumbs, and fry in batches for 1-2 minutes until they are cooked and golden.
- Remove and place on paper towels.
- Serve with the yogurt, the paprika, lemon slices, and the parsley.

## Ingredients

- 300 g salt, coarse
- 500 g potatoes
- 2 tablespoon(s) mint
- 1 tablespoon(s) dill
- 1 spring onion
- 2 tablespoon(s) parsley
- 1 egg, medium
- lemon zest, of 1 lemon
- 100 g gruyere cheese, grated
- 100 g feta cheese
- 1 tablespoon(s) all-purpose flour
- salt
- pepper
- 400 ml sunflower oil

### For the breading

- 150 g all-purpose flour
- 2 eggs, medium
- salt
- pepper
- 150 g dry breadcrumbs

### To serve

- strained yogurt
- paprika
- lemon, slices
- parsley

## Διατροφικός πίνακας

### Nutrition information per portion

195 Calories (kcal)	8.5 Total Fat (g)	3.2 Saturated Fat (g)	22.0 Total Carbs (g)
10%	12%	16%	8%
1.0 Sugars (g)	7.1 Protein (g)	1.6 Fibre (g)	- Sodium (g)
1%	14%	6%	-%