

# 5+ A DAY CARROT FRITTERS



The  
**5+ADay**  
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**Serves: 4**

**Preparation: 15 minutes**

**Cooking: 15 minutes**

### Ingredients

- 3 carrots, peeled, grated
- 3 eggs
- 2 spring onions, finely sliced
- 2 teaspoons ground cumin
- 2 garlic cloves, crushed
- ¼ cup flour
- ¼ cup parsley, finely chopped
- 1 tablespoon olive oil

### To Serve

- ½ cup natural yoghurt
- 1 lemon

### Method

- Beat the eggs in a large bowl. Add the spring onions, cumin, garlic, flour, & parsley. Mix well to combine
- Place the grated carrot onto a clean tea towel & squeeze the excess water out. You want to try & get as much water out as possible, so the fritters stick together when cooking. Place the carrot into the bowl & mix well to combine
- Heat olive oil in a non-stick fry pan over medium heat. Use a tablespoon to add mixture to the frying pan. Cook the fritters for 3-4 minutes on each side or until golden. Serve fritters with yoghurt & a squeeze of lemon juice



Always wash your hands with soap and warm water for 20 seconds and dry them thoroughly before you start to cook. Wash your fresh fruit & vegetables under running water.