

ZUCCHINI & KALE FRITTERS WITH SMOKED TOMATO & ONION RELISH



This week's recipe of the week is inspired by an Anthea Amore recipe and shared by store owner Denise. Quick and simple Zucchini & Kale Fritters with Smoked Tomato & Onion Relish, they make a wonderful savoury breakfast or light lunch. Enjoy!

Makes: 10 fritters

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients

Smoked tomato & onion relish

- 1 medium onion, finely diced
- Cold-pressed olive oil, for frying
- 1 teaspoon paprika
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon cracked black pepper
- 5 medium Roma tomatoes, diced
- 2 tablespoons balsamic vinegar
- 2 tablespoons coconut sugar
- 1/2 teaspoon quality salt
- 1 small garlic clove, minced (optional)
- 1/2 teaspoon hickory smoke (optional)

Fritter batter

- 1 medium onion, cut into half moons
- Cold-pressed olive oil, for frying
- 1/2 teaspoon cracked black pepper
- 2 teaspoons Italian herbs
- 1 teaspoon ground coriander
- 1 cup grated zucchini
- 1 cup shredded and chopped kale
- 1 cup besan (chickpea) flour
- 2 teaspoons gluten-free baking powder
- 1 teaspoon quality salt

3/4 cup filtered water

Method

Smoked tomato & onion relish

Saute the onion in a little olive oil until soft. Add the paprika, smoked paprika and pepper and saute for a further minute.

Add the tomato and remaining ingredients and lightly simmer for approximately 15-20 minutes. While this is cooking, make the fritters.

Fritters

Saute the onion, herbs and spices in the oil on a medium heat until onion is soft. Place onion mixture aside to cool.

Combine the zucchini and kale. Set aside.

Combine the dry ingredients in a large mixing bowl. Add the water and whisk until fluffy and smooth.

The baking powder will begin to activate - this is normal!

Add the onion mixture, grated zucchini and chopped kale to the batter and stir well. Add a drizzle of oil to a hot frying pan.

Spoon tablespoons of the batter into the pan and cook until bubbles begin to form, then flip. Cook for a further minute or until golden brown.

Place cooked fritters on a plate and keep warm in the oven (150 degrees C) until ready to serve.

Notes

Serve with the relish and a hot cuppa, or add cooked mushrooms, baked beans and cooked spinach for a big fancy fry-up.

The fritters can be eaten cold and make a great lunchbox snack.

Gluten-free | Vegan | Dairy-free