GLOBAL · SNACK

Crispy Pan-Fried Zucchini Fritters

40 min · Makes 6 × 4 fritters · 221 kcal a portion · Video 3:03 · Natashas Kitchen

Vegetarian · Nut-free

Mostly zucchini held together with egg and a little flour, pan-fried rather than deep-fried: about 220 kcal for four fritters with a spoon of sour cream, 6 g of protein, and a source of vitamin C.

Diet notes: Dairy-free if you leave out the plain sour cream.

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Ingredients

10 · MAKES 6 × 4 FRITTERS

- [ ] 910 g **zucchini** (2 large or 5 medium), coarsely grated and squeezed dry
- [ ] 1 tsp **fine sea salt**, to draw out the water (some is squeezed out with the juice)
- [ ] 2 large **eggs**, lightly beaten
- [ ] 50 g chopped **green onions** (or chives)
- [ ] 95 g **all-purpose flour**
- [ ] ½ tsp **fine sea salt** (for the batter)
- [ ] 1 tsp **baking powder**
- [ ] ½ tsp **ground black pepper**
- [ ] **olive oil** for pan-frying: 2 tbsp for the first batch, about 1 tbsp more for each later batch (about 4 tbsp in all)
- [ ] **plain sour cream**, to serve (optional, about 1 tbsp a serve)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Grate the zucchini on the large holes of a box grater, toss with 1 tsp salt in a colander and leave 10 minutes. 0:18
2. Squeeze the zucchini as dry as you can with your hands or a cloth (you should have 830–950 ml). The drier it is, the crispier the fritters. 0:40
3. Stir in the beaten eggs and green onions. Mix the flour, ½ tsp salt, pepper and baking powder, add to the zucchini and stir until combined. 0:46
4. Heat 2 tbsp olive oil in a large heavy pan over medium heat. Drop in heaped tablespoons of batter, flatten slightly and cook 3–5 minutes a side until golden. Add a little more oil between batches and lower the heat if they brown too fast. 1:10
5. Serve warm, with a spoonful of sour cream if you like. 1:40

> **Tip** The video uses 240 ml flour; the cook later reduced it to 180 ml (used here). Keep cooked fritters warm in a low oven between batches. Leftovers reheat well in a dry pan.

The method is a summary in our words — the video shows every step.

One portion (4 fritters) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
221 kcal	6.1 g	18 g	2.2 g	14 g	570 mg
930 kJ	12% of a day	16 g net · 4.7 g sugars	8% of a day	3.5 g saturated	25% of a day
		7% of a day		18% of a day	

Energy from net carbs 30% · protein 11% · fat 59%

High in (20%+ of a day) Vitamin C 32% · Vitamin K 25% · Selenium 21%

Source of (10–19%) Vitamin B6 16% · Folate 14% · Vitamin E 12% · Omega-3 11% · Potassium 10% · Vitamin B12 10%

Recipe and video: Natashas Kitchen (@Natashaskitchen) on YouTube — youtube.com/watch?v=u6eCjQqnUHU, published 7 July 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/crispy-zucchini-fritters