

# Vegetable and Ham Fritters

**Season:** all

**Serves:** 28

**Recipe source:** Taste.com

**Fresh from the garden:** Parsley

These fritters are a great lunch box idea

<p><b>Equipment:</b> Large mixing bowl Small mixing bowl Juicer Knives Grater Fork to beat eggs Measuring cups Measuring spoons Electric frypan Tray 4 serving plates</p>	<p><b>Ingredients:</b></p> <ul style="list-style-type: none"><li>2 carrot, grated</li><li><input type="checkbox"/> 1 zucchini, grated and drained</li><li><input type="checkbox"/> 1 cup frozen corn kernels</li><li><input type="checkbox"/> 1 tablespoon chopped fresh flat-leaf parsley leaves</li><li><input type="checkbox"/> 1/2 cup grated reduced-fat cheddar cheese</li><li><input type="checkbox"/> 100g shaved ham, chopped</li><li><input type="checkbox"/> 4 eggs, lightly beaten</li><li><input type="checkbox"/> 1cup plain flour</li><li><input type="checkbox"/> 3 teaspoons vegetable oil</li></ul> <hr/> <p><b>For the lime yoghurt:</b> zest and juice of a lime 1 small handful of coriander leaves, <b>finely</b> chopped 300g yoghurt 2 tbsp olive oil salt and pepper, to taste</p>
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## What to do:

1. Combine carrot, zucchini, corn, parsley, cheese, ham, eggs and flour in a bowl.
2. Heat 1 teaspoon oil in a frying pan over medium heat. Add 1/4 cup carrot mixture. Using a spatula, flatten slightly. Repeat to make more fritters. Cook for 3 minutes each side or until golden and cooked through. Transfer to a plate lined with paper towel. Repeat with remaining oil and carrot mixture to make remainder of fritters.
3. Make the lime yoghurt by combining the lime juice and zest, coriander, yoghurt and oil in the medium mixing bowl. Season to taste with salt and pepper. Keep in the fridge while you make the fritters.