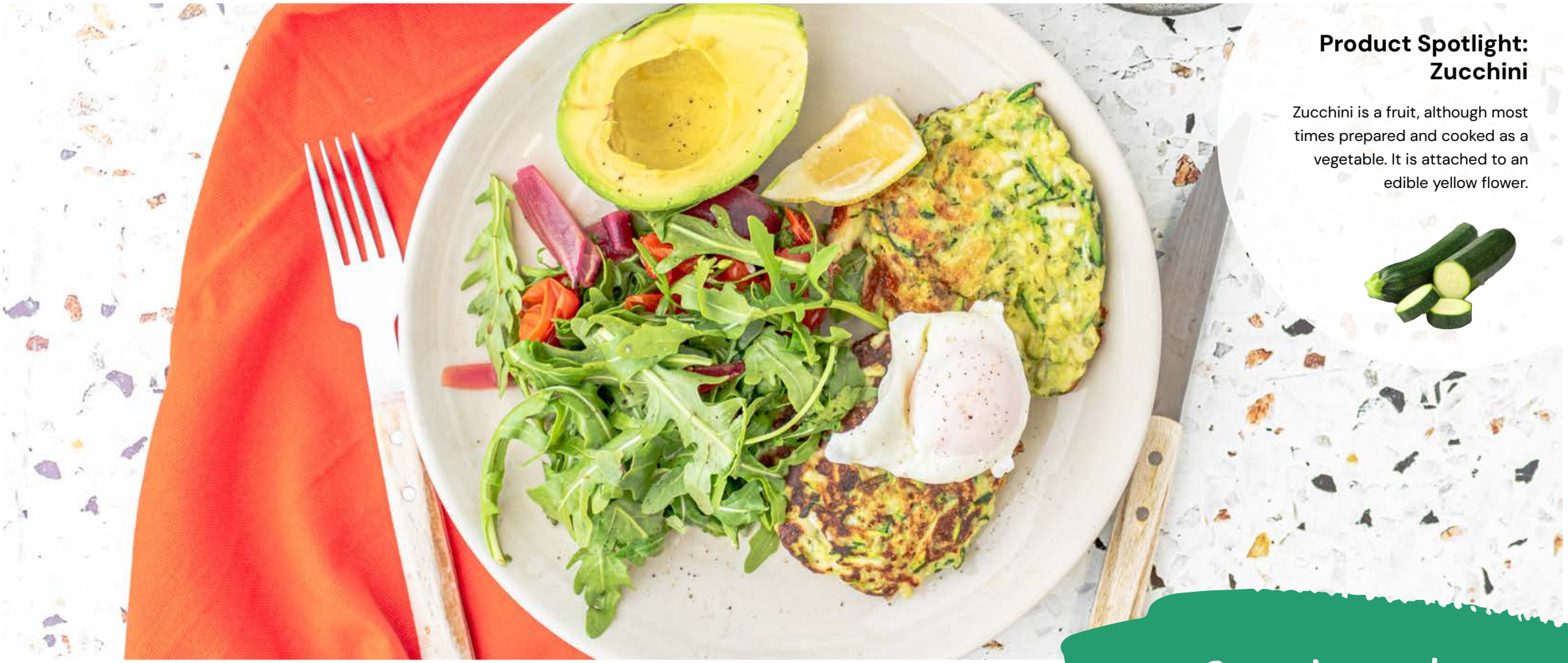
DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Zucchini

Zucchini is a fruit, although most times prepared and cooked as a vegetable. It is attached to an edible yellow flower.

Zucchini and Halloumi Fritters

with Poached Eggs

Grated zucchini and halloumi fritters served with balsamic roasted cherry tomatoes, poached eggs, fresh avocado and lemon wedges.

30 minutes | 4/6 servings | Vegetarian

Switch it up!

Instead of grating the halloumi and mixing it with the fritter batter, slice and pan-fry it separately. Serve with the fritters.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve 4/6 Person:	32g	31g/35g	21g

FROM YOUR BOX

	4 PERSON	6 PERSON
SHALLOT	1	2
CHERRY TOMATOES	2 x 200g	3 x 200g
ZUCCHINIS	2	2
HALLOUMI	1 packet	2 packets
LEMON	1	1
FRITTER MIX	1 packet	2 packets
FREE-RANGE EGGS	6-pack	2 x 6-pack
AVOCADOS	2	3
ROCKET LEAVES	60g	120g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, dried herb (dill, thyme or oregano)

KEY UTENSILS

oven dish, large frypan, saucepan

NOTES

Poaching for 3 minutes will give you soft, runny yolks. Poach for longer depending on your preference. Instead of poaching the eggs, you can boil or fry them.

Fritter mix: organic plain flour, baking powder

No gluten option - fritter mix is replaced with potato ricotta bites mix. Grate zucchini and halloumi (omit lemon zest, salt and seasoning). Stir together with 2 eggs, bites mix packet and 1/3 cup water. Cook as per recipe instructions.

6P - use 2 x bites kit, 2 x zucchini, 2 x halloumi and 2/3 cup water).



1. ROAST THE TOMATOES

Set oven to 220°C and bring a saucepan of water to the boil.

Wedge **shallot**. Toss in a lined oven dish along with **cherry tomatoes**, **oil**, **1-2 tbsp balsamic vinegar**, **salt and pepper**. Roast for 15-20 minutes or until are tender.



2. PREPARE THE BATTER

Grate **zucchinis** and season lightly with **salt**. Set aside on a plate. Grate **halloumi** and zest **lemon**. Place in a large bowl with **fritter mix**, **2 eggs** and **3 tsp dried herb**. Squeeze out liquid from **zucchini** with your hands and add to bowl, combine well.

6P - use 4 eggs and 1 tbsp dried herb.



3. COOK THE FRITTERS

Heat a large frypan over medium-high heat with **oil**. Add **1/4 cupfuls of batter** to frypan (cook in batches) and cook for 3-4 minutes each side until golden and cooked through. Set aside on a plate as you go.



4. POACH THE EGGS

Meanwhile, turn saucepan of water down to a simmer. Crack remaining **eggs** into water and poach for 3-6 minutes (see notes). Remove from water.

6P - poach in batches.



5. PREPARE INGREDIENTS

Halve **avocados** and set aside.

Add **rocket leaves** to a large bowl along with **roasted tomatoes, shallot, juice from 1/2 lemon** (wedge remaining), and **1-2 tbsp olive oil**. Toss to combine.



6. FINISH AND SERVE

Divide **fritters** among plates. Top with **poached eggs.** Serve with **avocado halves, tossed rocket leaves** and **lemon wedges.**

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