

Zucchini Fritters

Workstation:4

Equipment

Large bowl
Chopping boards
Non slip mats
Knives
Grater
Measuring spoons
Measuring cups
Whisk
Fry pan
Spatula
Tray

Ingredients

8 cups of zucchini
1 $\frac{1}{3}$ cups of plain flour
4 eggs whisked
 $\frac{2}{3}$ cup of spring onion
4 tbsp of olive oil
2 grinds of salt
4 grinds of pepper

Method

1. **Wash** the zucchini and spring onion
2. **Grate** the zucchini
3. **Place** the zucchini in a sieve and press down on zucchini to squeeze out excess liquid (make sure to do this over the sink)
4. **Slice** the spring onion
5. **Place** zucchini and spring onion into a bowl
6. **Add** the flour, eggs, salt and pepper
7. **Add** olive oil to a fry pan and heat over medium heat
8. **Scoop** mixture into mounds and **press** down softly with a spatula
9. **Cook** the fritters for 2-3 minutes or until golden brown then flip using spatula to **cook** other side
10. **Place** fritters on a tray until ready to serve
11. **Repeat** steps 8-10 until all mixture is used