

Leftover Vegetable Fritters

Ingredients

- 1 cup leftover vegetables grated, chopped or mashed, carrots, zucchini, potato, broccoli etc)
- 1 clove garlic, minced
- 1/2 cup flour
- 1 egg (or flax egg for vegan)
- Salt, pepper
- 1/2 tsp paprika

Directions

1. grate or chop finely any vegetables you have, squeezing an excess water out, with hand.
2. in a bowl combine garlic, egg, flour, salt, pepper, and paprika.
3. Scoop out 2 tbsp of mixture and flatten into patties.
4. In a pan heat a little oil and add mixture to the pan, fry the fritters for 3-4 minutes on each side until crispy
5. Serve with salad or a dip.

Notes

This recipe is a great way to use up any leftovers, odds and ends and even stalks. Save them in a container until ready to use.

TOP TIP

Don't throw the peeling, save and boil in a pan for 30 minutes to make a nutritious vegetable broth, perfect for soups or stews.

