

Greens and Cheese Fritters

Ingredients:

½ cup flour
1 teaspoon baking powder
2 eggs
¼ cup milk
200 grams greens from the garden (eg spinach, silverbeet, kale)
1 tablespoon chopped herbs (eg parsley or mint)
50 grams onion or spring onion
100 grams grated cheese or crumbed feta
1 clove garlic
Freshly ground black pepper and salt to taste
Sunflower oil

To serve:

Plain, unsweetened yoghurt (optional)
Lemon juice and chopped fresh mint (optional)

Method:

1. Sift dry ingredients (flour and baking powder) through a sieve into a large mixing bowl
2. Break the eggs into a small bowl, add the milk and whisk to mix together
3. Make a well in the dry ingredients then pour the wet ingredients (the egg / milk mixture) into the middle. Use a whisk or wooden spoon to mix it together to make a smooth batter.
4. Wash and dry the garden greens. Remove the leaves from the stem. Finely chop the stems then the leaves and the onion or spring onion. Add to the batter.
5. Grate the cheese and add to the batter
6. Season with black pepper and salt to taste. Mix well with a wooden spoon until all the seasoning, greens and cheese are fully incorporated into the batter
7. Heat a frying pan over medium heat. Add ½ cm sunflower oil. When the oil is hot test a drop of the mixture in the frying pan – you want it to sizzle gently
8. Once the frying pan and oil are at the right heat, place spoonful's of the fritter mixture to make 4-5 small fritters. Fry the fritters for 3 minutes then flip them over carefully and cook for another 3 minutes until golden. Use a fish slice to transfer them to the serving plate and keep warm in a low oven (50-60 degrees) until all the fritters are made
9. Repeat until all the fritter mixture has been used
10. Mix the yoghurt with lemon juice to taste and add freshly chopped mint. Serve with the fritters