

Vegetable & Tuna Fritters Serves 2

Ingredients

1	Lemon
2	Eggs
6 T*	Flour
2 T	Vegetable Oil
1 small can (95g)	Tuna (Liquid drained)
1 ½ Cups	Freshly grated carrots and courgettes (squeeze and remove excess juice from vegetables) **
Salt, pepper and lemon zest for flavour	



Method

Finely grate the skin of one lemon.

Mix the eggs into flour until just combined. Stir in the tuna, vegetables, lemon zest and season with salt and pepper.

Heat the vegetable oil in a frying pan over medium heat.

Place a spoonful of the mixture into the preheated pan. Cook until golden brown. Flip gently and cook on the other side until golden brown.

Serve warm with your choice of salad.

*Measurements are level

** This recipe also works well with creamed corn