



# Broccoli & Cauliflower Fritters

SERVES: 6

## INGREDIENTS:

- 4L vegetable oil, for fryer
- 2 heads broccoli, cut into florets
- ½ cauliflower, cut into florets
- Salt and pepper, to taste
- 1 ½ cups flour
- 1 ½ tsp bicarbonate of soda
- 4 eggs
- 1 handful of parsley, finely chopped
- 3 cups breadcrumbs

## For the dressing:

- 1 handful of dill or chives, finely chopped
- 250g natural yoghurt



## METHOD:

1. Add oil to the deep fryer and set to 170°C
2. Prepare all of the ingredients based on the instructions in the ingredients list
3. Steam the broccoli and cauliflower for 2 minutes
4. Drain, pat dry on a clean, dry tea towel. Tip them back into the dry pot or steamer and season with salt and pepper
5. Place the flour and bicarbonate of soda into a bowl and mix
6. Whisk the eggs in a bowl and add the parsley
7. Place the breadcrumbs in another bowl
8. Dip each piece of vegetable individually into the flour mixture, then into the eggs mix, then into the bread crumbs
9. Gently shake excess flour and breadcrumbs off, so the batter and oil don't get gluggy. (Try to use just one hand to do the dipping, leaving a clean one for picking up each piece of vegetable.)