

WHO DARES SLIMS - RECIPE

# Courgette & Feta Fritters

(Gluten-Free!)



## Tips

A little balsamic glaze makes the flavours on the plate pop

This recipe serves ~6 people.

## Ingredients

- 2 large courgettes
- 1 onion
- 75g feta
- 4 eggs
- 6 tablespoons of pre-cooked quinoa
- 2 tablespoons of rice flour
- Salt and cracked pepper
- 1 Plain yoghurt
- Dill
- Juice of 1 lemon

## Preparation

1. Coarsely grate the courgette (a food processor makes light work of this) and squeeze to remove excess water.
2. Finely chop the onion, crumble the feta and beat the eggs.
3. In a large mixing bowl, place the grated courgette, feta, onion and eggs and season with a good pinch of salt & pepper. Mix thoroughly with your hands, squeezing the mixture a little.
4. Add the quinoa and rice flour and mix again.
5. Separate into small patties and place on a baking tray (don't worry if they seem a bit 'wet'). Bake at 180 degrees for 15-20 minutes.
6. While they cook, prepare your drizzle by adding the lemon juice, a teaspoon of dill and some pepper to the plain yoghurt.
7. Serve with salad and enjoy!