

Zucchini Fritters

Crispy, golden fritters made for a homegrown zucchini glut

DIFFICULTY Easy

COURSE Side Dish

CUISINE Mediterranean-inspired



PREP
20 min



COOK
15 min



TOTAL
35 min



SERVES
4



FREEZES WELL
Yes

01 Ingredients

- 500g zucchini, grated
- 1 tsp salt, for drawing out moisture
- 2 eggs
- 100g self-raising flour
- 50g feta, crumbled
- 2 spring onions, finely sliced
- 2 tbsp fresh dill, chopped (or mint)
- Black pepper, to taste
- 3 tbsp olive oil, for frying

02 Method

1. Grate zucchini into a colander, toss with the salt, and let sit 10 minutes to draw out moisture.
2. Squeeze the zucchini firmly in a clean tea towel to remove as much liquid as possible - this is the step that determines whether the fritters hold together.
3. Whisk eggs in a large bowl. Add flour, feta, spring onion, dill, and pepper, then mix in the squeezed zucchini.
4. Heat oil in a large pan over medium heat. Drop heaped tablespoons of mixture into the pan and flatten slightly.
5. Cook 3-4 minutes per side until golden and cooked through.
6. Drain on paper towel and serve warm.

04 Common mistakes

- **Skipping the salting step** — zucchini is mostly water, and salting first pulls much of it out before you even start squeezing; skip it and no amount of squeezing fully catches up.
- **Overcrowding the pan** — cook in batches with space between fritters, or they steam instead of crisping.
- **Flipping too early** — wait for a golden, set edge before flipping, or they'll break apart.

03 Notes & substitutions

- Swap feta for parmesan or halloumi if that's what you have - both hold up well to frying.
- No self-raising flour? Use plain flour plus 1 tsp baking powder instead.
- Swap dill for mint, parsley, or coriander depending on what's growing.
- Vegetarian as written.

05 Storage & leftovers

FRIDGE	Airtight container, up to 3 days.
FREEZER	Freeze in a single layer before bagging, for up to 2 months.
REHEATING	Dry pan or oven to keep them crisp - microwaving makes them soggy.