

Zucchini

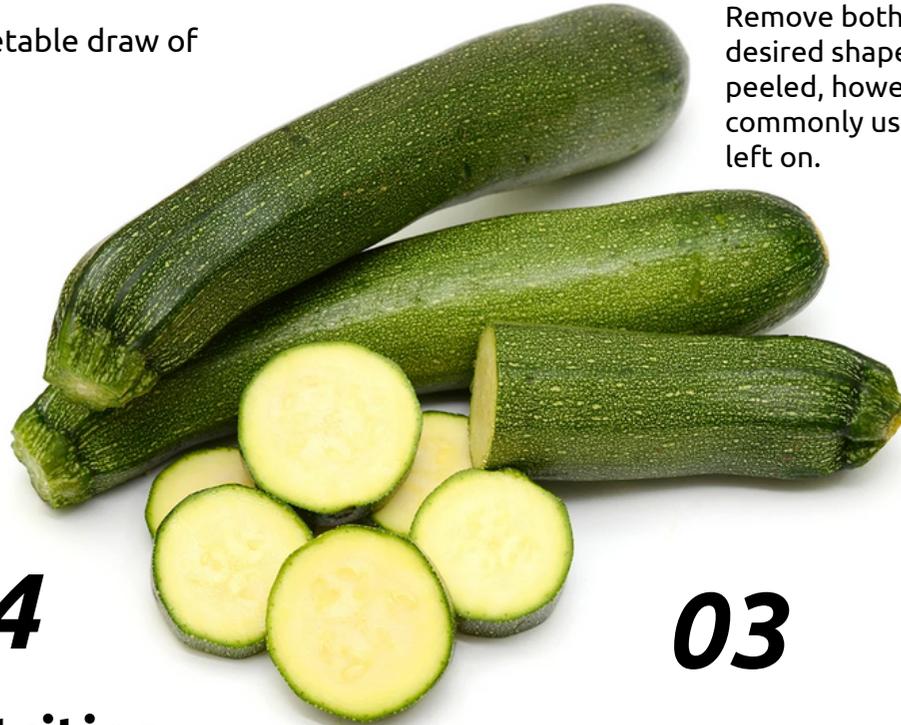
The zucchini, or courgette as it is also commonly known, is a member of the squash family. The most common variety of zucchini is long and cylindrical in shape with smooth green skin and a cream flesh.

01 Storage

Store in vegetable draw of fridge.

02 Preparation

Wash under running water. Remove both ends and cut into desired shapes. Zucchini can be peeled, however they are commonly used with their skin left on.



04

Nutrition

Zucchini are a good source of vitamins A, C and K (important for helping your blood to clot). They also contain minerals such as potassium (which helps to regulate blood pressure) and manganese (involved in the regulation of brain and nerve function).

03

Use

Zucchini are very versatile vegetables, you can; roast them, sauté them, BBQ them, or use a peeler/spiraliser to turn them into "zoodles".



**Mansfield Fresh
Food Drive**

Sweet potato and zucchini fritters



INGREDIENTS

- 350g gold sweet potato, peeled, coarsely grated
- 200g zucchini, coarsely grated
- 2 spring onions, thinly sliced
- 1 cup (120g) grated tasty cheddar
- 3 eggs, lightly whisked
- 1/2 cup (60g) buckwheat flour
- 2 1/2 tbs olive oil
- 350g mixed tomatoes, halved or quartered
- 1 large handful spinach & rocket
- 1/4 cup (80g) spinach dip
- 3/4 cup (210g) Greek-style yoghurt

METHOD

Step 1

Combine sweet potato, zucchini, spring onion, cheddar and egg in a large bowl. Stir in the flour until well combined. Season.

Step 2

Heat 2 tbs of the oil in a large frying pan over medium heat. Add four 1/4-cup (60ml) portions of the sweet potato mixture to the pan. Cook for 3 mins each side or until golden brown and cooked through. Transfer to a plate and cover with foil to keep warm. Repeat, in 2 more batches, with the remaining sweet potato mixture.

Step 3

Combine the tomato and spinach and rocket in a medium bowl. Drizzle with the remaining oil. Season.

Step 4

Combine dip and yoghurt in a small bowl. Arrange the fritters on a serving platter. Season. Serve with the salad and yoghurt mixture.

Recipe from taste.com.au