

A new Kiwi classic

USE YOUR
hands



You don't need whitebait to cook a tasty summer fritter!

These recipes were created by students from Waimea Intermediate School during their MasterChef challenge! Give them a go yourself!

Corn and Zucchini Fritters

By Lily, Brydie, and Isobel

Ingredients:

- 2 large zucchinis, grated
- 1½ cups tinned corn
- ½ cup spring onions, chopped
- ½ cup fresh parsley, chopped
- 2 garlic cloves, minced
- 1½ tsp cumin
- 1½ cups flour
- 2 free-range eggs
- Salt and pepper (to taste)
- 1 cup milk
- ½ cup cheese
- 1 Tsp oil

Method:

- 1 Place grated zucchinis into a tea towel. Squeeze any water out.
- 2 In a large bowl, combine the zucchini with the rest of the ingredients (apart from the oil). Stir all together until well combined.
- 3 Heat a large non-stick pan over medium heat, add the oil.
- 4 Using a tablespoon, scoop out the mixture. Shape it into a fritter of the size you want in the pan.
- 5 Cook for 3–5 minutes on each side until golden.
- 6 Serve warm.



Plating: Lily, Brydie, and Isobel. Photos: Millie Bourke



For a vegetarian alternative, use tofu instead of chicken mince.



Plating: Bailey and Claudia. Photos: Millie Bourke

Chicken and Spinach Fritters

By Bailey and Claudia

Ingredients:

- 1½ cups self-raising flour
- ¼ tsp salt
- 1 cup milk
- 1 egg, lightly beaten
- Pepper (to taste)
- Butter for pan
- ¾ cup chicken mince
- 3 cloves of garlic, minced
- The juice of 1 lemon
- ¼ cup non-sweetened Greek yoghurt
- 1½ cup finely chopped spinach

Method:

- 1 Cook chicken mince until juice runs clear, but don't brown.
- 2 Sift flour into a bowl, and add salt.
- 3 In a separate bowl, whisk egg and milk together.
- 4 Make a well (hole) in the flour and pour in milk/egg mixture. Whisk together.
- 5 Add 1 cup of spinach, cooked mince, and 2 cloves crushed garlic. Combine.
- 6 Heat pan on medium and add butter.
- 7 Dollop even amounts of batter in fritter shapes in the hot pan. Make sure there is space between them.
- 8 Cook until bubbles appear on the surface, then flip over. Bottom side should be golden.
- 9 While waiting for fritters, make sauce. Combine Greek yoghurt, rest of crushed garlic and spinach, and lemon juice.
- 10 Turn as necessary to ensure fritter is cooked thoroughly. Add more butter to pan as needed.
- 11 Serve hot, with sauce.

