



Beetroot and carrot fritters

Prep: 20 minutes • Cook: 20 minutes • Serves: 4



Ingredients

200g chickpea flour (gram flour)
200g raw beetroot, peeled and grated
200g carrots, peeled and grated
8 spring onions, chopped
1 tablespoon olive oil

To serve

80g rocket leaves
½ cucumber, sliced
80ml soya yoghurt
small handful parsley, chopped
4 crusty rolls

- 1** Preheat the oven to 180°C/160°C fan/ gas mark 4. Put the chickpea (gram) flour into a bowl and add the beetroot, carrot and onions. Mix to fully combine.
- 2** Add in just enough water to bind the ingredients together. Heat the oil in a frying pan over a medium heat, divide the batter into eight fritters and add to the frying pan. Cook for 3 minutes, until the bottom has started to crisp, then flip the fritters and cook on the other side for another 3 minutes.
- 3** Transfer the fritters to a baking sheet and cook in the oven for 10 minutes. While the fritters are cooking, mix the chopped parsley into the yoghurt.
- 4** Remove the fritters from the oven and serve two fritters per portion with the rocket and cucumber salad, yoghurt and a crusty roll.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low fat (less than 3g/100g) ✓
Carbohydrate **108g**
Low protein ✗
Low salt ✗
Cost per portion (Dec 2022) **£1.47**
Energy in kcals **560**