



# KIDS LUNCHBOX IDEA

*A deliciously nutritious and speedy night before  
make, perfect for lunchboxes and snacks.*

Prep time 5 minutes | Cook time 12 minutes | Serves 1

## INGREDIENTS

- 2 Clarence Court Burford Brown eggs
- 1 sweet potato
- 3 spring onions
- A handful of fresh coriander or parsley
- 1 tablespoon of plain flour
- Olive oil
- Salt and pepper to taste



## METHOD

Peel and grate 1 sweet potato with a box grater into a bowl.

Trim and finely slice 3 spring onions. Season with salt and pepper. Chop a small handful of fresh coriander or parsley and add to the bowl.

Crack in two eggs and 1 tablespoon plain flour. Mix together well, add a little more flour to make a thick batter.

Place a large frying pan on a medium heat and add 1 tablespoon olive oil. When the pan is hot take a heaped tablespoon of the batter and drop into the pan. Repeat 3 or 4 times, allow the fritters to cook on one side for 2-3 minutes until golden, turn and cook for a further 2-3 minutes.

Pop the fritters on to a tray to cool then chill them in a sealed container in the fridge.

Serve with some boiled Quails eggs, which you can boil at the same time the night before, allow to cool in cold water, peel and pop in a sealed container in the fridge. They are a great source of protein and accompany the fritters perfectly.

For a treat to go with the fritters, the recipe for our rye and hazelnut cookies are wonderful, you can find the recipe for these here.



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LIST OF ILLUSTRATIONS

Background text from a newspaper, including a 'LIST OF ILLUSTRATIONS' table and various news snippets.