



NICOLA MILLBANK'S COURGETTE, FETA & MINT FRITTERS

Nicola Millbank's Courgette & Feta Fritters are truly delicious drizzled with a cooling mint sauce. Served upon a spread of sour cream, these light and easy bundles of joy make the perfect late-afternoon snack or simple supper any day of the week.

Prep time 15 minutes | Cook time 13 minutes | Serves 8-10

2 courgettes
1 Clarence Court Burford Brown egg
2 tablespoons self-raising flour
70g feta
2 spring onions, sliced
1 teaspoon cumin
Zest of 1 lime

A handful of chopped mint
Vegetable oil
2 tablespoons sour cream
2 teaspoons mint sauce
Fresh herbs such as chives and garlic cress to garnish

Grate the courgettes using a box grater, season well with salt and set in a sieve over a bowl for 10 minutes to drain the excess water.

Squeeze the courgette and add to a bowl along with the egg, flour, feta, spring onions, cumin, lime zest and mint. Stir well to combine.

Using two tablespoons quenelle the mixture to form small rugby ball shaped fritters. Gently fry in hot oil for 2-3 minutes until golden brown then pop into the oven, heated at 180C for ten minutes.

Spread the sour cream over a serving plate and drizzle with the mint sauce. Place the fritters on top and garnish with some fresh herbs.



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