

Quick and crunchy macadamia and vegie fritters (Airfryer)

Serves 4



Macadamias add a moreish crunch to these easy-to-prepare, healthy fritters.

Ingredients

2 cups zucchini, coarsely grated, drained and excess juice squeezed out
2 cups carrot, coarsely grated
1 clove garlic, crushed
3 spring onions, white part only, finely chopped
1/3 cup macadamias, coarsely chopped
Pinch of salt, to taste
¼ cup plain flour
2 eggs
1 cup water
olive oil spray

Method

Place the carrot, zucchini, garlic, spring onions and macadamias in a bowl. Season with salt. In a separate bowl, stir together the flour, eggs and water until smooth. Add to the vegetable mixture and stir thoroughly to combine. Allow to stand for 15 minutes. Working in batches, take two heaped tablespoons of mixture and place into the basket of the airfryer to make each fritter, leaving enough

space so they are not overcrowded. Spray with olive oil and cook for 5-6 minutes at 180c in the airfryer, and then flip each fritter and cook for another 5 minutes or until nicely browned. Transfer to a plate to keep warm while cooking the remaining mixture.

Serve immediately with natural yoghurt to dip and sprinkle with extra macadamias and chilli if desired.

As a dairy free option, serve with hummus or another dairy free dip of choice.