

Souther Fried Zucchini Fritters

VEGAN + GLUTEN FREE + NUT FREE + SOY FREE

FETTLE
VEGAN RECIPES



INGREDIENTS:

2 cups potatoes, peeled and grated
2 cups zucchini, grated
1/2 cup onion, grated
1/2 cup water + 3 tablespoons chia seeds, blended
2 cloves garlic, minced
1/4 cup gluten-free flour
1/2 teaspoon baking powder
1/2 teaspoon cayenne
1/2 teaspoon smoked paprika
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 cup coconut oil (for frying)
lemon/ lime wedges, cilantro, and hot sauce for garnish & serving

DIRECTIONS:

Grate peeled potatoes, zucchini, and onion into a large colander. Let drain over a sink for about 5 minutes, using a paper towel to gently squeeze out any excess water.

While draining, heat 1/2 cup coconut oil in a large cast iron pan (or frying pan) on

medium heat. (Oil that isn't hot enough won't cook the fritter well and too hot will burn it. Aim for between 325- 400 degrees, if you have a thermometer. Also, use coconut or another HIGH HEAT oil if substituting. Anything less will smoke & burn!)

Once veggies seem to stop draining, transfer them to a large mixing bowl. Add blended chia seed mixture & garlic, and stir to combine. Next add in the flour, baking powder, cayenne, smoked paprika, salt & pepper, and stir to combine again. Scoop 1/4 cup amounts of mixture into the heated oil and press gently with the back of a spoon to slightly flatten. Let cook for a couple of minutes, until golden brown, before flipping. Once fritter is crispy and golden, use a spatula to move it to a paper-towel lined plate, where it can absorb the excess oil. Serve immediately with a squeeze of lemon (or lime!), some chopped cilantro, and a squeeze of sriracha. Mmmm. Freeze leftovers or refrigerate for up to a week. Makes 10-12 fritters. Enjoy!