

## **MAKES ABOUT 12**

### **Crunchy Carrot Fritters**

**Makes: About 12 fritters**

**Time: 20 minutes**

#### **Equipment You Will Need**

Box grater (or a food processor with a grating attachment)

Large mixing bowl

Clean tea towel (to squeeze the carrots)

Small bowl (to beat the egg)

Whisk or fork

Measuring spoons

Non-stick frying pan

Spatula (to flip the fritters)

Plate with paper towels

#### **Ingredients**

2 large carrots, about 250 g

½ onion, finely sliced

1 garlic clove, finely chopped

2 tablespoons fresh parsley, finely chopped

1 egg

3 tablespoons rice flour

½ teaspoon of sea salt and a few grinds of black pepper

Olive oil, for cooking

## **Step-by-Step Method**

### **1. Grate the Carrots**

Carefully grate your carrots using the big holes on the box grater.

Safety Tip: Watch your fingers as you get close to the end of the carrot!

### **2. The Big Squeeze**

Carrots have lots of water inside. Put your grated carrot into a clean tea towel, bundle it up, and squeeze it as hard as you can over the sink. You want the carrot to be nice and dry so the fritters stay crunchy.

### **3. Mix it Up**

Put your dry carrots into the big mixing bowl. Add the onion, garlic, and parsley. In your small bowl, whisk the egg and then pour it over the veggies. Stir it all together.

### **4. Add the Flour**

Sprinkle the rice flour, salt, and pepper over the mix. Stir it really well until everything is coated and sticky.

### **5. Time to Fry**

Ask an adult to help you heat the frying pan with a little bit of olive oil. Drop a tablespoon of the mixture into the pan and flatten it with your spatula like a little pancake.

### **6. Flip and Serve**

Cook for 2 or 3 minutes until the bottom is golden brown, then flip it over! Once both sides are crunchy, put them on a plate with a paper towel to soak up any extra oil.

### **7. The Finish Line**

Serve them warm with a big squeeze of lemon juice. You can also dip them in some beetroot yoghurt if you like!